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COHASSET MARINER

Friday, September 1, 2017

Cohasset.WickedLocal.com

Vol. 39, No. 36 ■ \$2

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Thumbs up for single building design

By Abigail Adams
aadam@wickedlocal.com

The Town Hall Renovation Advisory Committee (THRAC) voted unanimously Tuesday night (Aug. 29) to approve the single-building design, with an estimated cost of roughly \$12,800,000 to complete the project. The committee

was presented with two different design concepts prior to the vote, including one that featured two separate buildings as opposed to one conjoined facility.

Option 3, the single-building design option, is a slightly updated version of the previous plan presented to the committee. The 1987 edition would still be torn

down and would be moved 10 feet closer to the road with a glass atrium connecting the new addition to the original building. Option 4 presented a brand new design to the committee in which the two buildings were completely separated. But instead of the new building being directly adjacent to the old building,

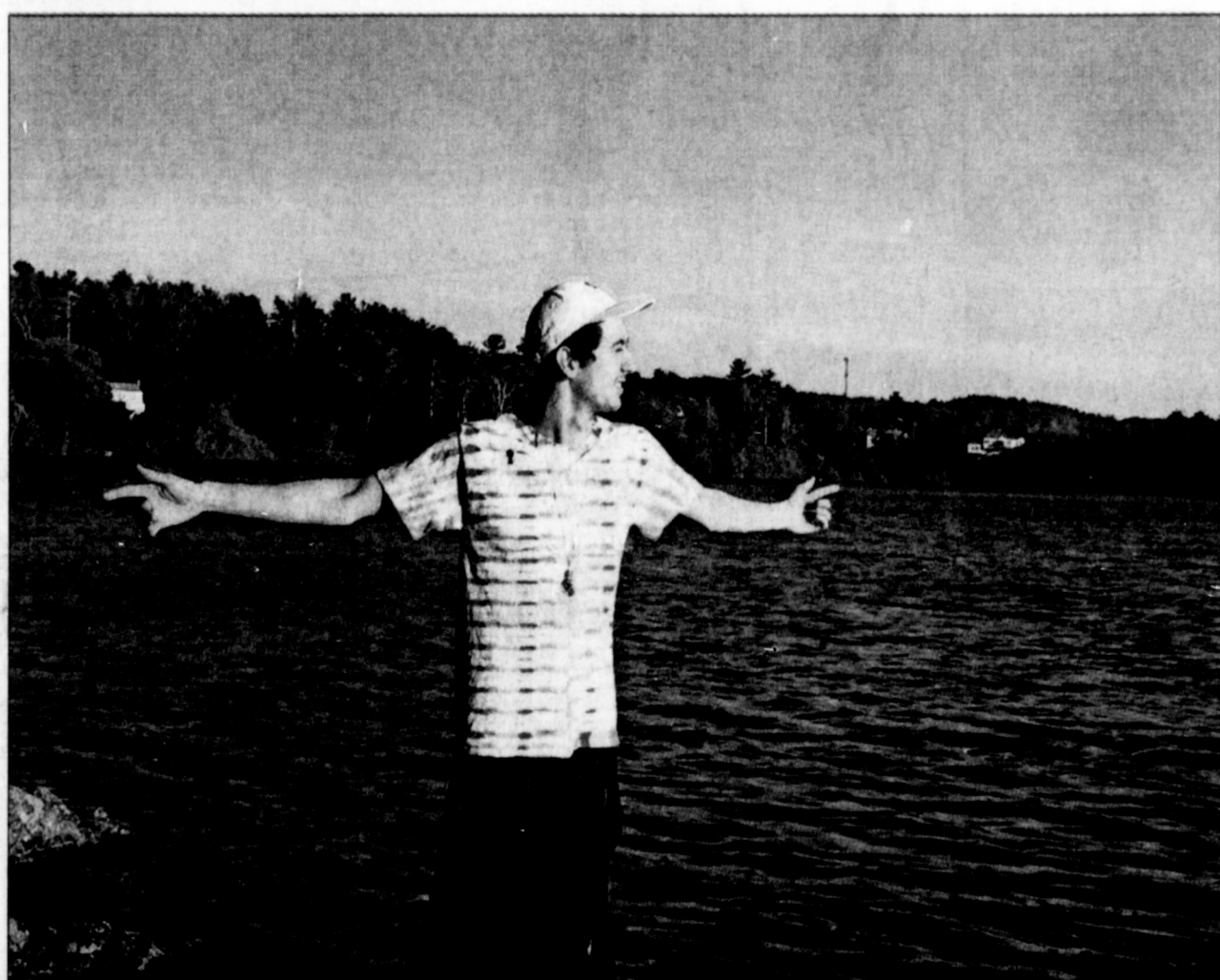
architects placed the buildings on either side of a new driveway.

Some argued this design would allow for each building to operate independently from one another. Proponents also suggested separating the two buildings would potentially allow for a third floor to be added to the separate

building which could then be utilized for more office and meeting space. Many felt as if having two floors could be a waste of space, although architects for the project noted that much of the space was being used as mechanical space between floors.

SEE DESIGN, A7

LOCAL ENTREPRENEUR



Dakota Achin has sold his unique clothing line to all walks of life from coast to coast. The young entrepreneur took his products along for a cross-country road trip in 2016, peddling them as far as the Grand Canyon and Yellowstone Park on his journey. [COURTESY PHOTO]

Finding keys to life with 'Unlocked Lifestyle'

By Abigail Adams
aadam@wickedlocal.com

At an early age, Dakota Achin was taught a paramount life lesson that ultimately shaped his own personal philosophy – and his future.

"When I was younger, my grandfather would always remind me that if you do what you love, you'll never

work a day in your life. And that's something that has really resonated with me and really developed more meaning over the years as I've thought more about it."

Following his first year of college, the then 19-year-old Achin found the time passing by him at a blistering pace and quickly discovered how easy it was to succumb to the pressures that come with the

working world. For a long time, the Cohasset High School alum knew that he was not willing to compromise his happiness for a paycheck. So when the opportunity presented itself, Achin knew he had to pursue his passion.

Achin began making t-shirts after his freshman year of college

SEE LIFESTYLE, A6

EDUCATION

Look ahead at the 2017-18 school year

By Abigail Adams
aadam@wickedlocal.com

After a summer of sun and sand, the time to retreat back to the classroom has finally arrived once again.

About 1,596 students will make their return to Cohasset Public Schools

this Tuesday (Sept. 5) as students and educators gear up for another year rife with knowledge and growth.

The district has a number of plans and changes in place for the 2017-18 school year that both parents and students are sure to look forward to.

Bring your own device (BYOD)

The 2017-18 school year will kick off the district's new "bring your own device" (BYOD) program, which will aim to enhance digital learning capabilities for students and faculty throughout the district.

Devices must meet a

series of basic requirements in order to qualify for use within the program's parameters including a 7-inch minimum screen size, 2GB of memory (RAM), access to the Google Chrome browser, and a 6-hour battery

SEE SCHOOL, A9

STREETLIGHTS

Shed some light on

Residents could have voice in LED options

By Abigail Adams
aadam@wickedlocal.com

Members of the community may soon have an opportunity to voice their opinion as to how Cohasset converts their newly procured streetlights to LED lighting in the coming months.

The Alternative Energy Committee is looking into putting up a display that would showcase three potential LED lighting options for the public to scrutinize, similar to a project successfully conducted at Bare Cove Park in Hingham. After viewing the options, the public would then be given a chance to select their preference from the three choices: warm white, natural white, and daylight white.

As Vice Chairman of the Alternative Energy Committee Steve Girardi noted, residents are often times skeptical of the way LED lights will appear on the roadways and on their property. His hope is that by putting up this display to garner public opinion, people may open their mind to the new energy-saving options currently on the table.

Michelle Leary, an administrative assistant for the town of Cohasset, has experienced the changeover to LED lighting as a resident of Hull, who recently switched over to LED street lighting after the conversion was approved during their 2015 Fall Town Meeting. Leary said while the change took some getting used to, the benefits the new lights offer have come to outweigh the negatives.

"At first it was a shock because they were so bright," said Leary. "But I think everyone really

SEE LIGHT, A3

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PICTURE THIS

Patrick Sullivan

Name: Patrick Sullivan.

Occupation: Assistant Superintendent of Cohasset Public Schools.

Best day of your life: I have had five amazing days...the birth of each of my four children and the day I married my wife, Bria.

Best (or worst) vacation: We just finished a "Wally World" like vacation to Disney in August. Yes, it is pretty humid in Florida in August!

Favorite season: Fall...love everything about it in New England.

Favorite holiday: Thanksgiving...all about the food

Favorite snack: Cheez its...I eat way too many of them.

Best book: This is a tough one, as I was an English teacher for many years. I have to say that for me it is "To Kill a Mockingbird" by Harper Lee...a classic with great lessons for past, present, and future generations.



The Mariner caught up with Patrick Sullivan, assistant superintendent of schools, this week. If you see Mr. Sullivan around town, be sure to tell him that you spotted him in Picture This! [WICKED LOCAL PHOTO BY MARY FORD]

Best movie (or actor): Also a tough one for me... I would say that I tend to like movies with Jimmy Stewart or Tom Hanks. I guess I like the everyday hero concept in film.

Best TV show: I guess Cheers and Seinfeld always make me laugh...kind of old school with that answer.

Best music, group, or artist: No brainer... Bruce Springsteen

Pet peeve: People who are unkind to others.

Most embarrassing moment: Nothing I would admit to...

Goal: To make a positive difference with my life and to raise four wonderful children with my wife Bria.

Person you'd most like to meet: Bruce Springsteen (see above).

Biggest worry: I always worry that children will listen to the wrong voices and will not realize their unique talents. Thankfully, there are still great role models out there.

Best part of Cohasset: Although I am new to Cohasset, it is clear that it is a close community of people who really care about the success of their children.

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SENIOR SCENE

Weight loss workshop starts Sept. 7

All events take place at Willcutt Commons, 91 Sohler St., unless noted. Call for Reservations: 781-383-9112.

Weekly Lunches: Lunches are served at noon Tuesdays, Wednesdays, and Thursdays. Reservations are required no less than 24-hours in advance. Delicious meals provided by local restaurants and Cohasset cooks. Cost: \$3.
■ Tuesday, Sept. 5, Chef Diana and Launch: Chinese stir fry
■ Wednesday, Sept. 6, Chef Diane and Launch: Chicken Casserole
■ Thursday, Sept. 7, Chef Mary Kay: Spaghetti and Meatballs**WEIGHT LOSS CHALLENGE!** Thursdays, Sept. 7-Oct 26, 1:30 to 2:30 p.m. We are pleased to offer a healthy challenge in collaboration with The Harborview Nursing and Rehab Center. Join us for an 8-week weight-loss workshop that will include guest speakers and weekly

weigh-ins in a supportive environment. Grand prize for the most weight lost will be a 3-month membership to Scituate Racquet and Fitness Club (worth over \$180)! There is no charge for this program, only a willingness to become a healthier YOU! Pre-registration required to Elder Affairs.

SHAKE YOUR SOUL! Tuesday, September 12, 1:00 pm. Offered in collaboration with the South Shore Conservatory this program is an invigorating approach to body-spirit fitness, incorporating elements of movement therapy, Qi Jong, yoga, and dance. Discover your fluid strength, grace and balance. Easy to follow movements become your own as you commune with yourself and connect with others, leaving you feeling energized, relaxed and alive! Facilitated by instructor Emily Browder Melville. Free program. Funding is provided by Blue Cross & Blue Shield of MA. Registration required.**THE DESIGN OF CANDY BOXES TO COMPUTERS.** Wednesday, September 13, 10 a.m. Join us as Cohasset resident and award-winning art director Bill Hannon discusses his vast career developing innovative corporate branding programs and industrial and package design. Bill will present a slideshow of his projects and discuss the impact they have had on American corporate identity.**COHASSET GARDEN CLUB PRESENTS "THE COLORS OF FALL."** Thursday, September 14, 1:30 p.m. Join us for a fun and entertaining workshop with members of the garden club. Give it a try! You will create a beautiful flower arrangement to take home and enjoy. \$3. RSVP by Thursday, Sept. 7. Spots fill up quickly.**COHASSET GARDEN CLUB PRESENTS "THE COLORS OF FALL."** Thursday, September 14, 1:30 p.m. Join us for a fun and entertaining workshop with members of the garden

club. Give it a try! You will create a beautiful flower arrangement to take home and enjoy. \$3. RSVP by Thursday, Sept. 7. Spots fill up quickly.

HAND AND BODY MERIDIAN SESSIONS: Friday, Sept. 15, 8:30 to 11:30 a.m. (body) & Wednesday, Sept. 27, 2:15 to 3:30 (hand). Practitioner Amy DiLillo will provide a therapeutic massage along the meridians of your hands and/or body using essential oils. These sessions elevate your mood, help you achieve balance, harmonize your inner spirit, and promote relaxation. Appointments required. \$8 for 10 minutes hand massage. 50-minute whole-body session for \$60.**CREATIVE WRITING WORKSHOP WITH LESLIE TAYLOR.** Mondays, Sept. 18-Oct. 30, 10-11:30 a.m. Learn to write for your own enjoyment as well as for that of others. Learn to express ideas, document meaningful events from your life, and thoughts, feelings and opinions about the world in which we live. All literary genres are encouraged, including poetry, plays, narratives and memoirs. Ms. Taylor is an award-winning journalist and teacher. \$50 for the 6 week session. Advance registration required.**REIKI,** Tuesday, Sept. 19, 1 to 3 p.m. This ancient Japanese practice reduces stress and promotes relaxation and healing. This healing technique is based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. Call to make your 15-minute appointment. \$3 donation.**Gentle Yoga:** Tuesdays at 9:30 am. Instructor, Amy DiLillo. Drop in \$5.

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When: September 17th, 2017, 3-5 p.m.
Where: 610 Adams St., Milton, MA 02186
Event Link: <http://bit.ly/RSMMathWonderlandMilton>

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South Shore Tide Chart										
COHASSET HARBOR (WHITE HEAD)										
AUG. - SEPT. 2017			HIGH		LOW					
			AM	HGT. PM	HGT. AM	HGT. PM	HGT. AM	HGT. PM	SUNRISE	SUNSET
Thursday	31	7:28	7.6	7:44	8.4	1:06	1.4	1:19	1.8	6:07 7:18
Friday	01	8:24	7.7	8:38	8.6	2:02	1.3	2:13	1.7	6:08 7:16
Saturday	02	9:16	7.9	9:28	8.8	2:55	1.1	3:05	1.5	6:09 7:14
Sunday	03	10:04	8.2	10:15	9.1	3:42	0.8	3:53	1.2	6:10 7:12
Monday	04	10:48	8.5	10:59	9.4	4:27	0.5	4:39	0.8	6:11 7:11
Tuesday	05	11:29	8.8	11:42	9.6	5:09	0.1	5:23	0.4	6:12 7:09
Wednesday	06			12:09	9.2	5:50	-0.1	6:06	0.1	6:13 7:08
Thursday	07	12:24	9.8	12:49	9.5	6:31	-0.4	6:49	-0.2	6:14 7:06

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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POLICE BEAT

Babysitter returns \$200 she allegedly stole

By Mary Ford
mford@wickedlocal.com

Money returned

A 58-year-old Cohasset woman, who had hired a 39-year-old Hingham woman to watch her grandson, reported to police on Thursday afternoon (Aug. 24) that the babysitter had possibly stolen \$200 in cash that she had in a container in a kitchen cabinet.

Police made several attempts to contact the babysitter in Hingham without success.

The next day the victim found \$200 in her mailbox along with the babysitting fee with a note from the Hingham woman apologizing and explaining she took the money because she was in a tough spot and planned to return it at some point.

Hit & run

The motorist, who

allegedly fled the scene after sideswiping a 1998 Mercedes parked at Wadleigh Park last Monday (Aug. 21), was located thanks to some detective work by the owner of the Mercedes.

The 45-year-old man with the Mercedes called police after he saw his car being struck by a light-colored SUV being driven by a blonde woman with a ponytail. The man saw the accident from the beach, police said. The SUV headed north on Jerusalem Road. An officer took the report and checked the area to no avail.

The Mercedes sustained heavy damage.

This Monday (Aug. 28) the alleged victim was in Cohasset Village and spotted the 2014 Buick Enclave that hit his car parked in front of Twist.

An officer responded and investigation showed the Buick, which had

damage consistent with the accident, came back to a 49-year-old Cohasset man.

Investigating officers determined that the registered owner's wife had been driving. She is being summonsed to court to face the charge of leaving the scene of a motor vehicle accident after causing property damage, police said.

Noise complaints

A Border Street resident called police twice last week on different nights to complain about noise at the Cohasset Harbor Inn; in both cases the caller initially tried to reach the front desk first but there was no answer.

In the first instance, wedding guests were being loud on a balcony at 12:30 a.m. and in the second instance, guests were also being loud on a second floor balcony at 12:06 a.m. Police responded to

both calls and alerted the manager.

Sculpture stolen

The South Shore Art Center reported to police on Monday (Aug. 21) that an art sculpture featuring an antique wagon wheel valued at \$500 was missing from the front door area and was taken over the weekend. The iron wheel is 3 feet in diameter and weighs 100 pounds. It was hanging between two metal posts secured with chains.

Man found

A search involving two K-9 units located a 36-year-old Cohasset man, who was on drugs and had fled his house after his grandmother told him she was calling an ambulance last week. Police were able to locate the man in the woods and he was taken into protective custody and transported to South Shore Hospital.

Past vandalism

A 62-year-old Scituate man went to the police station on Tuesday (Aug. 29) to report that his 2016 Porsche had been keyed while parked at Atlantica. There was a 12-inch scratch on the hood. The incident occurred sometime between 8 and 8:30 p.m. the prior evening.

Business cards

A real estate salesman who had inadvertently left a box of business cards on top of his car when he drove off, called police for assistance in collecting the cards that had blown all over Route 3A near Sohler Street on Tuesday morning (Aug. 22). He was trying to save the ones he could but it was mostly a lost cause, police said.

MVA

A 74-year-old N. Dartmouth man went to the station on Wednesday

afternoon (Aug. 23) to report that his 2016 Nissan parked at the Cohasset Lobster Pound had been sideswiped by a backhoe that was driving by, knocking off the side-view mirror of the Nissan sedan.

Bike stolen

Police referred a man reporting that his locked bike had been stolen from the bike rack at the Greenbush commuter rail station last Thursday (Aug. 24) to the MBTA transit police.

MVA

A 52-year-old Cohasset man in a 2002 Nissan pickup truck pulling a trailer entered the town parking lot on Parker Avenue on Saturday afternoon (Aug. 26) and cut the corner too tight when pulling into a space, hitting a parked 2016 Ford Explorer. A seasonal police officer witnessed the accident.

LIGHT

From Page A1

enjoys them now because they offer so much light to the neighborhood and the roadways."

Girardi said the natural white lighting recently installed in Hull is one of the more popular options among other towns and their residents.

Not only does the light appear more natural than some of the other potential options, but the brightness of the lighting also helps enhance safety for homeowners and business owners alike.

Should the display go as currently planned, residents would have the ability to complete a survey on the town's website where they can vote for their preferred option. The tabulated results would then be taken into

"At first it was a shock because they were so bright. But I think everyone really enjoys them now because they offer so much light to the neighborhood and the roadways."

Michele Leary, Hull resident

consideration by town officials when selecting which kind of LED lighting will be installed throughout Cohasset.

The town hopes to have the display up and running in Cohasset by the end of September.

A location and for the display and a timetable for the project have yet to be determined.

FUNDRAISER

Residents to participate in Jimmy Fund Walk

Three Cohasset residents will walk up to 26.2 miles along the historic Boston Marathon course on Sept. 24 in the Boston Marathon Jimmy Fund Walk presented by Hyundai.

Melissa Crawford, Marie Denise Desrochers and Alana O'Brien will join 9,500 expected participants in the annual event. This

year's goal is to raise more than \$9 million. The money goes to the Jimmy Fund for adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute.

Walkers can choose from four routes along the course — the Marathon Walk, Half Marathon Walk, 10K Walk and 5K Walk. Walkers are

treated to 12 refueling stations along the course as well as poster-sized photographs of Walk Heroes at each mile and half-mile marker. All routes conclude at the Copley Square Finish Line, where participants can celebrate with food, live entertainment and a speaking program.

All walkers must raise a

minimum of \$300 or \$100 for ages 12 and younger. Pacesetters are extraordinary fundraisers who raise \$1,500 or more or \$500 or more for ages 12 and younger. There is also a Virtual Walker option for those unable to attend the event.

To register: <http://jimmyfundwalk.org>; 866-531-9255.

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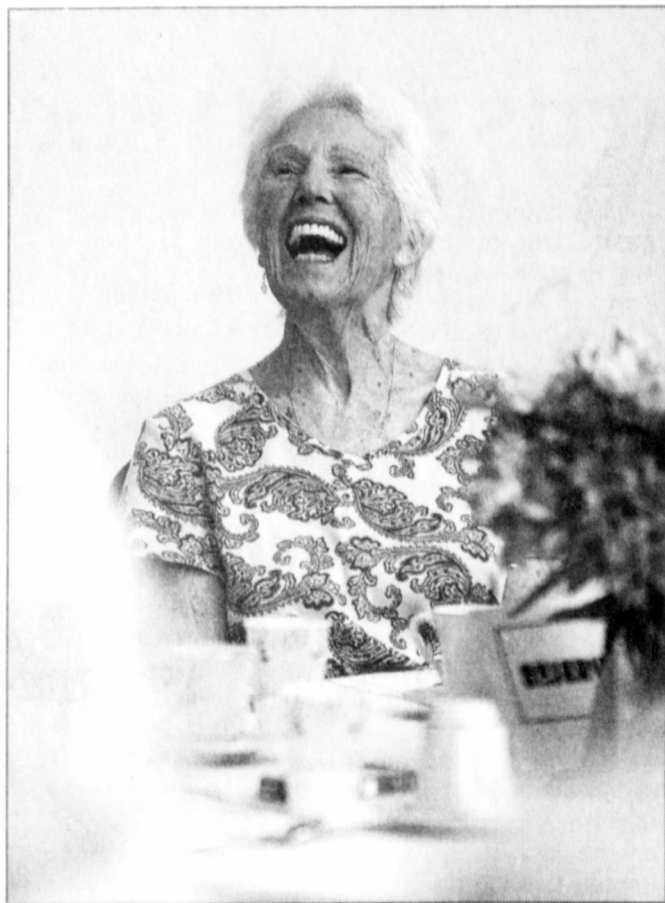
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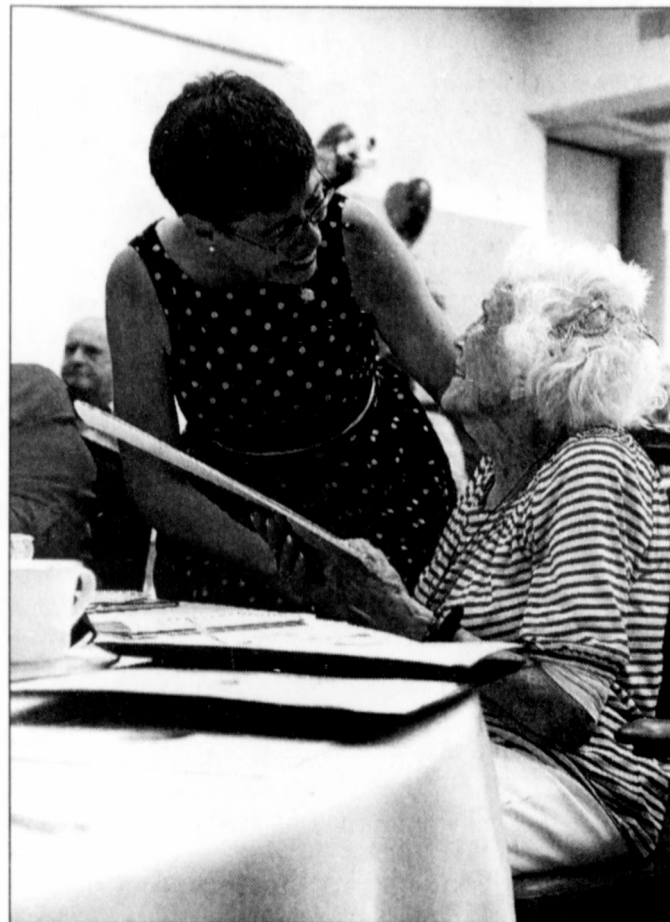
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Mary Edmonds smiles after blowing out her candle celebrating her 100th birthday at Willcutt Commons on Thursday, Aug. 24.



Elinor Murphy of Vermont smiles during the birthday celebration for Mary Edmonds whom she has gotten to know for the past 35 years as a member of her quilting group.



Mary Edmonds looks up and smiles at State Representative Joan Meschino after she gave her a hug at her 100th birthday celebration.

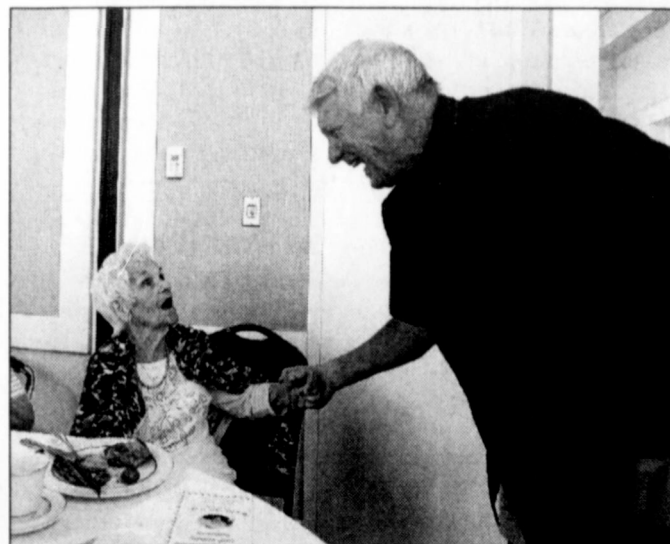


Mary Edmonds smiles while chatting with Cohasset Selectman Steve Gaumer during her 100th birthday celebration.

SENIOR CENTER

New Centenarian

STAFF PHOTOS BY ROBIN CHAN



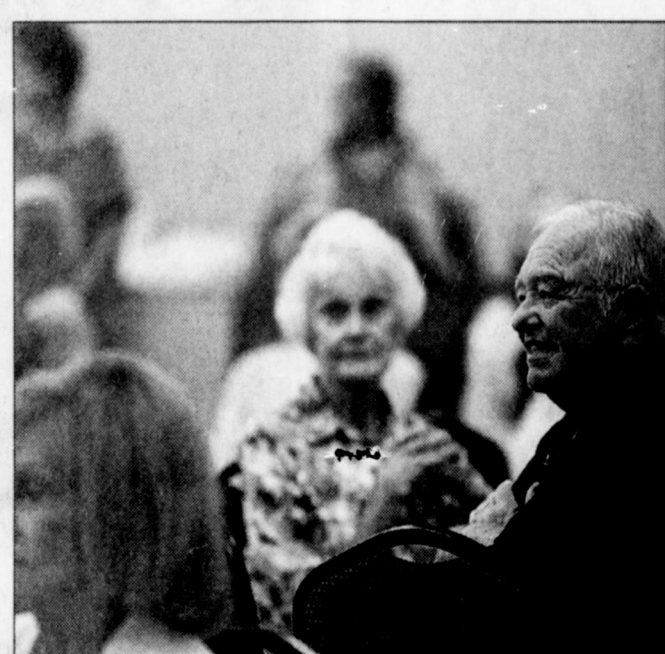
Larry Keating laughs while chatting with Mary Bre-mock whom he knows because she is the mother of his friend from high school.



Mary Edmonds smiles while being feted during her 100th birthday celebration at Willcutt Commons. About 125 attended her birthday gala.



Mary Edmonds listens carefully to Bob Pattison.



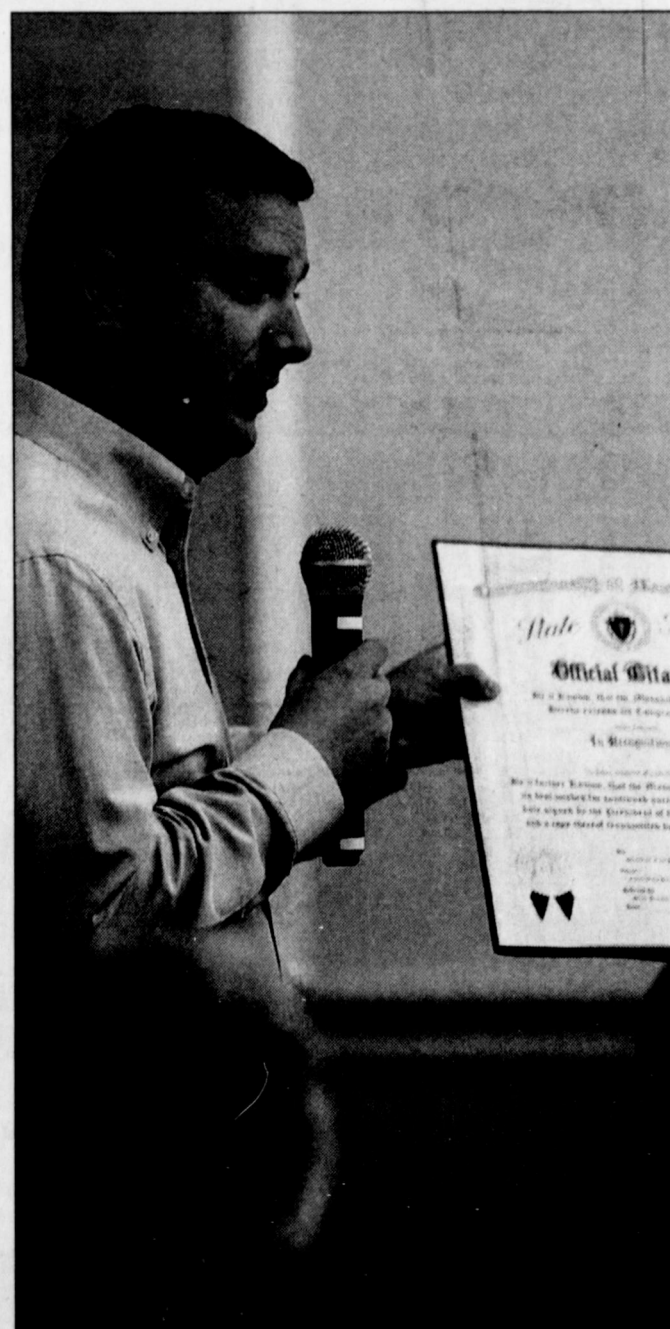
Hugh Morgan of Cohasset was one of the 125 people who attended.



Joan Lawrence, Mary Edmond's youngest daughter, smiles while embracing Dr. Roger Pompeo.



Judy Dolan of Suddenly Simple Events helps serve about 125 meals to Mary's friends and loved ones at her birthday celebration.



State Senator Patrick O'Connor holds a citation from the state senate commemorating Mary's 100th birthday.

SCHOOLS

Officials: don't forget bus registration

By Abigail Adams
aadams@wickedlocal.com

Even if you aren't required to pay a fee, Cohasset school officials are asking parents to inform the schools if they intend to let their children ride the bus this school year.

Of the 1,500 students the schools should have registration for, Superintendent Louise Demas said at last week's School Committee meeting that roughly 900 have submitted their forms. While this number up from last year's total at the same time, school officials are still concerned about potential overcrowding issues that may arise as a result of missing registrations.

"Last year, there was a lot of talk at the bus stop about overcrowded buses and we didn't know that those students were going to be on the buses because people hadn't responded," said School Committee Chairman Jeanne Astino.

Astino speculated that some parents do not realize they must still register their child to ride the bus, even if they don't have to pay a fee. The fee does not apply to parents of students from Kindergarten to grade 6 who reside more than 2 miles from their designated school. Parents of



School officials remind parents to register for the school bus even if there is no fee. [WICKED LOCAL PHOTO]

"I think part of the problem is that people who don't have to pay for the bus don't realize that it is still important for us to know that their student is going to be on the bus."

Jeanne Astino, School Committee

students within 2 miles of their school or in grades 7 and higher are subject to a \$300 fee with a \$540 family cap.

"I think part of the problem is that people who don't have to pay for the bus don't realize that it is

still important for us to know that their student is going to be on the bus," said Astino. "It is very, very important for them to fill out the form, contact the schools and let them know that their students are going to be on the bus."

School Committee Vice Chairman Katie Dugan reminded parents that while it may not appear to be of great importance, this is a responsibility that should be taken seriously: "The community of parents has to help us plan and if they chose not to, it creates unfortunate effects for the first week of school."

Bus letters are available on the Cohasset Public Schools website under "Transportation" for any parent or child that has lost their bus letter for the 2017-18 school year.

SCHOOLS

Search for new Business Manager continues

By Abigail Adams
aadams@wickedlocal.com

School officials are pacing themselves as they continue their search for Cohasset Public Schools' next Business Manager.

At least 14 applicants have applied for the position, which was originally posted in the spring. School Committee Chairperson Jeanne Astino and Vice Chairperson Katie Dugan hope to assist with Superintendent Louise Demas with the selection process and help whittle down the candidates.

"I love the concept of us looking now, holding out for the right candidate, but most importantly having that overlap time which we weren't afforded last time," said Dugan in reference to the hiring of interim Business Manager John Tuffy.

According to Dugan, Tuffy came on board without an overlap period, which left the former Silver Lake superintendent to pick up the pieces left behind by the two previous Business Managers on his own. Although they were more than impressed with his ability to cope with the hand he was dealt, members

of the School Committee would like to avoid committing some of the same errors made previously. Tuffy has promised to make this upcoming transition as smooth as possible for his successor.

"I've enjoyed my time here," said Tuffy. "I also understand that the future of Cohasset is not with me, so I will do whatever I can to make a smooth transition so you have a successful school system."

"John has been wonderful in making sure that we talk about the transition and what that looks like, that it's not going to be a short transition and we are going to need him," Demas noted.

Astino and Dugan are prepared to take a hands-on approach to help Demas and other administrators find the right group of candidates for the position before a final selection is made. Additionally, the School Committee would like an opportunity to vet the final set of candidates itself and ultimately give their approval to one or more of the potential business managers.

There is currently no date set to fill the position.

BLOGS

Get in on the conversation

Go to the blogs section of our website and find a community that interests you.

SAVE THE DATE

Gov. Baker guest at GOP cookout

On Sunday, Sept. 10, the Cohasset Republican Town Committee will host its annual picnic at the Cohasset Sailing Club

Pavilion, Government Island, off Border Street. Special guest is Governor Charlie Baker. Casual cook-out fare; 3:30 to 6:30 p.m.

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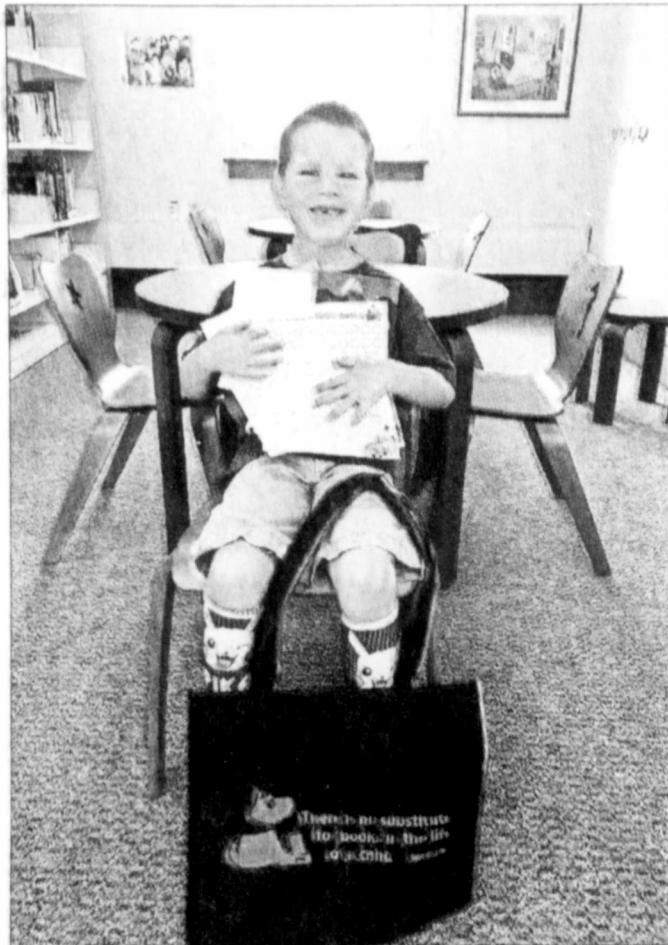
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LIBRARY KIDS



Matthew Jodka is happy to report he has completed the 1,000 Books Before Kindergarten Challenge.

[COURTESY PHOTO]

Matthew tops the Before K Challenge!

Congratulations Matthew Jodka! Matthew completed the 1,000 Books Before Kindergarten Challenge last week. He began the challenge on September 25, 2015 and completed it on August 22, 2017. No summer slide for Matthew he will be entering Kindergarten proud and confident. Matthew we are so proud of you!

Wanted! Summer Reading Logs: Bring in your summer reading logs before school starts for entry into the Boston Bruins prize raffle and so the Friends of the Library can donate \$1 in your name to the Cohasset Working Dog Foundation, <http://cohassetworkingdog.org/>. Congratulations to all the participants of the summer reading program, Build a Better World!

TreeTop Adventures Prizes: We had 10 lucky winners thanks to a generous donation of 10 free admissions to TreeTop Adventures in Canton. Congratulation to: Colby Bernier, Max & Scarlett Crews, Grace Doyle, Alex & Ashley Hill, Chris & Hailey Hill, Conner Patosos and Jack Serafini. Together we can Build a Better World!

Weekly Programming will begin again in September: Thank you all for your continued support of children's programs. We can't do it without you. All your favorites will be back in the fall and hopefully you'll find some new favorites in the line up. Look for more early release day STEM programs and therapy dog reading programs.

LIFESTYLE

From Page A1

in 2015, starting with hand-me-down clothing and one-step kits as he attempted to master the craft. Now a senior at the University of Vermont, Achin has expanded his brand "Unlocked Lifestyle" father than he had originally imagined. In addition to selling his product on campus, Achin now sells his product online as well as at the Cohasset Farmers Market held weekly on the Common.

Like most successful brands, "Unlocked Lifestyle" is centered on a general theme typically personified though some sort of logo or imagery. The keyhole, the brand's signature design, embodies Achin's personal philosophy regarding the pursuit of life-long happiness. Achin said he always gravitated toward the design as it represented the idea that "anyone can unlock happiness and the peace of mind that has been inside you all along."

Staying organized was one of the original roadblocks Achin faced as he began to grow his business. Finding a balance between his education and his business, which is now his main source of income, also proved to be a challenge for him as he pursues prosperity. Yet one of Achin's biggest goals all along has been to encourage people to find their happiness and explore their own personal pleasures.

"I really wanted to pick a career and a lifestyle that I love and that allows me to encourage others to do what they love as well," he said.

Achin has sold his unique clothing line to all walks of life from coast to coast. The young entrepreneur took his products along for a cross-country road trip in 2016, peddling them as far as the Grand Canyon and Yellowstone Park on his journey. Now in his third year of business, the 21-year-old has his sights set on the future of "Unlocked Lifestyle".



Dakota Achin began selling his clothing brand "Unlocked Lifestyle" at the Cohasset Farmer's Market this summer. His website has been up and running since the summer of 2016. [COURTESY PHOTO]



Left: The brand's signature design, the key hole, embodies Dakota Achin's personal philosophy regarding the pursuit of life-long happiness. [COURTESY PHOTO]

"I really wanted to pick a career and a lifestyle that I love and that allows me to encourage others to do what they love as well."

Dakota Achin

Achin recently completed one of his biggest orders to date, customizing shirts for a band based in Burlington, VT known as Two Percent. The senior at the University of Vermont

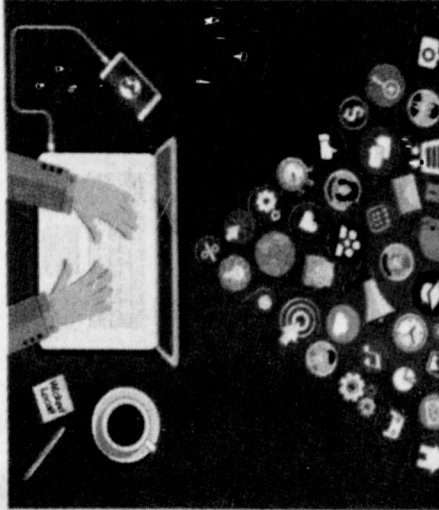
plans to bring his business to more farmer's markets and festivals in the future and hopes to extend his brand into local stores and retailers. Achin shows no signs of slowing down any

time soon.

"I'm really just getting started," he said.

You can visit the "Unlocked Lifestyle" website at unlockedlifestyle.com.

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SOUTH SHORE COUNTRY CLUB

Military discount offered for golf

In recognition to those who are currently serving in the military, as well as veterans, South Shore Country Club is introducing a new military discount for all active-duty military, reserve and guard, as well as military retirees.

The new rate, \$35 for 18 holes and \$20 for 9, is effective immediately. Those

who have served simply need to show their valid military or veterans ID at check in to take advantage of this new rate.

The offer is valid Monday through Friday for the remainder of the golf season.

"The Town of Hingham has a long, proud tradition of recognizing our nation's armed forces and veterans

for their dedicated service. I applaud Director Jay McGrail and his staff for initiating this program," said Keith Jermyn, director of veterans' services for the Town of Hingham.

The new military rate is available to those who live in Hingham as well as those who live in other communities.

"We're delighted to make this offer available to those

who have served and look forward to welcoming our local heroes to the South Shore Country Club," said Jay McGrail, director of operations at the South Shore Country Club.

The new rate does not include the use of a cart.

For more information and to book a tee time, call 781-749-8479.

DESIGN

From Page A1

Opponents of option 4 claimed that not only do the two buildings share purposes, but having two separate buildings would also up the total cost. Option 4 would cost an estimated \$14,600,000, about \$1,800,000 more than option 3. According to THRAC member Josiah Stevenson, heating the single-building design would be far more energy and cost efficient than doing so with two. Additionally, option 4 would not qualify for nearly as much funding from the Community Preservation Act as the third option, which is already the cheaper option.

Glenn Pratt, who was in the audience, voiced concern that CPA funding will be funneled into the Town Hall project without consideration for other projects that might qualify for similar funds.

Pratt also questioned the direction architects chose

to take with the exterior appearance of the building. The current plan for the building's exterior aesthetics stirred up mixed emotions for Pratt as well as some other members of the audience. Ralph Dormitzer was concerned if people would feel a sense of pride about the final result of the upcoming project and how it will be perceived in the coming decades.

"I think the committee should ask itself, will the town be proud of this new building or is it really just a replacement of the building we currently have with no particular attributes to which people say it is inviting and open and an interesting place to come to."

Yet Stevenson reiterated that the Massachusetts Historical Commission would rather make new buildings appear more modern as opposed to mimicking an historic building. Stevenson said they would much rather have historic pieces remain the historic piece so as not detract from its value.

By the latter half of the evening, some members of the community began to wonder if the committee should simply ask the town to approve the estimated budget for option 3 outright. Some members of the audience were skeptical of spending \$1 million on a design that might not materialize and felt that asking the town to approve of the budget ahead of time would essentially etch the deal in stone. THRAC Chairperson Mary McGoldrick pointed out that big ticket items tend to be discussed at the Annual Town Meeting and that Special Town Meeting does not always have the largest attendance and that more public education on the matter is still needed.

The committee decided to postpone voting on any other items related to the project design or Special Town Meeting beyond selecting the single-building option until they had time to mull over the variety of comments made by members of the audience, as well as the architects, during the

The 1987 edition would still be torn down and would be moved 10 feet closer to the road with a glass atrium connecting the new addition to the original building.

nearly three-hour meeting.

THRAC will meet again next Tuesday (Sept. 5) at 7 p.m. where they will discuss -- and may potentially solve -- a number of issues still facing the single-building design including the pitch of the roof, the use of the extra space between floors of the new addition, and any potential improvements to the aesthetic appeal of the building among others.

The committee will then meet with the Board of Selectmen the following Tuesday (Sept. 12) to discuss what the committee has approved of so far as well as the potential to ask for the board's opinion toward putting full-funding for the project on the warrant at the upcoming Special Town Meeting on Oct. 16.

BACK TO SCHOOL

Tips on buying and using backpacks

■ Make sure your child's loaded backpack weighs no more than 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

■ Choose a pack that is proportionate to your child's size. It should fit from about 2 inches below the shoulders to just above the waistline. The backpack should not hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.

■ A backpack with compartments helps in positioning the contents most effectively. Place heaviest items closest to the back. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.

■ Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders. The shoulder straps should be adjustable so the backpack can be fitted to your child's body.

Loose straps can cause the backpack to dangle



DR. LISA LEWIS

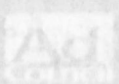
uncomfortably and cause spinal misalignment and pain.

■ Urge your child to wear both shoulder straps, and avoid one-strap backpacks. Lugging the backpack around by one shoulder can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, headaches, low-back pain or spinal distortions.

If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.

For more information contact: Dr. Lisa Lewis at Cohasset Family Chiropractic 781-923-1226 or visit: cohassefamilychiro.com

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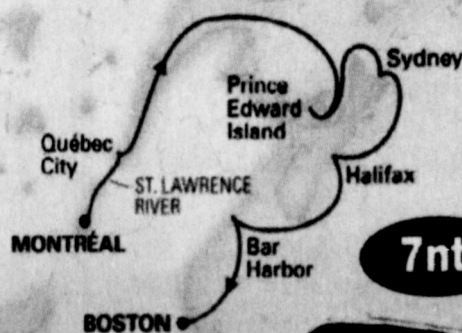
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BRIEFLY

Cohasset Public Schools: At a glance

By Abigail Adams
aadams@wickedlocal.com

District website: Cohassetk12.org
District office phone: 781-383-6111
Superintendent: Louise Demas
Number of schools: 4
Number of students 2016-17: 1,593
Number of students expected for 2017-18: 1,596
District budget 2016-17: \$18,320,075
District budget 2017-18: \$18,895,656
Percent budget increase: +3.1 percent
Staff changes: Cohasset Public Schools has hired former principal at Furnace Brook Middle School in Marshfield Patrick Sullivan as the district's new Assistant Superintendent of Curriculum and Instruction. Additionally, nine (9) new educators have been hired for the 2017-18 school year.
School lunch: \$2.75 at Joseph Osgood and Deer Hill and \$3 at the Middle-High School



The new 2017-2018 school year starts next week with lots of exciting changes.
[WICKED LOCAL PHOTO]

Full-day Kindergarten? Yes
How much does it cost? \$3,200
School for grades: 1-12

begins, Sept. 5; Pre-K-K, Sept. 6.
December vacation: Dec. 25 - Jan. 1

Winter vacation: Feb. 19 - 23
Spring vacation: April 16 - 20

SCHOOL

From Page A1

life. Carrying cases and insurance are also highly recommended.

Cell phones will not be considered a device under program guidelines. Students will be asked to follow the same rules the school has put in place regarding cell phone use during school hours.

The Middle-High School has purchased 275 Chromebooks ahead of program implementation at the start of the 2017-18 school year. The district managed to secure a discounted price for parents of students attending Cohasset Public Schools of \$170 per Chromebook from the vendor that supplied the district with their own devices. Four other affordable options were presented to parents during the BYOD

parent night back in June.

One School, One Book

The Joseph Osgood School will kick off its new One School, One Book program this year with the book "Follow the Moon Home," by Philippe Cousteau Jr. and Deborah Hopkinson. The goal is to have every student, parent, and staff member of the school read the same book and subsequently reflect on the themes it presents to readers. The book chosen by Cohasset Public Schools encourages readers, especially the young ones, to have an impact their own communities.

"It is a big school enterprise so [there is] a great deal to come," said Superintendent Louise Demas. "The story reaches well into who we are and what we do."

At least 18 other schools across Massachusetts take

part in similar programming including Newton, Waltham, and Southborough. This is the first year Joseph Osgood is participating in the program.

New Assistant Superintendent

Cohasset Public Schools hired Patrick Sullivan to fill the district's Assistant Superintendent of Curriculum and Instruction previously held by Sue Skeiber. Sullivan began his career as a teacher in Marshfield before he ultimately moved up to principal at Furnace Brook Middle School in 2012. He officially assumed the role on July 1.

Sullivan has pursuing his doctorate for the last two years where he's been studying social-emotional learning skills and strategies. Some of the most important social-emotional skills Sullivan

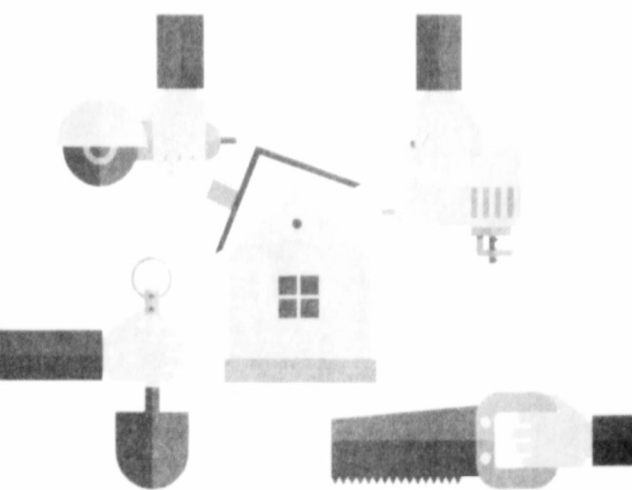
capitalizes on include social awareness, responsible decision-making, managing one's emotions, and building concrete relationships with peers. Sullivan also has experience working in a Google School, making him a valuable asset as the district rolls out their new Digital Learning plan this school year.

"I see this [job] as more than a curriculum position. I see it as a real leadership position where I can help people in Cohasset. I'm excited to work with educators that are about the whole child and are focused on what children need," he said.



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Week of September 18th

In-Paper Pages:
Weeks of Sept. 25th, and Oct. 2nd

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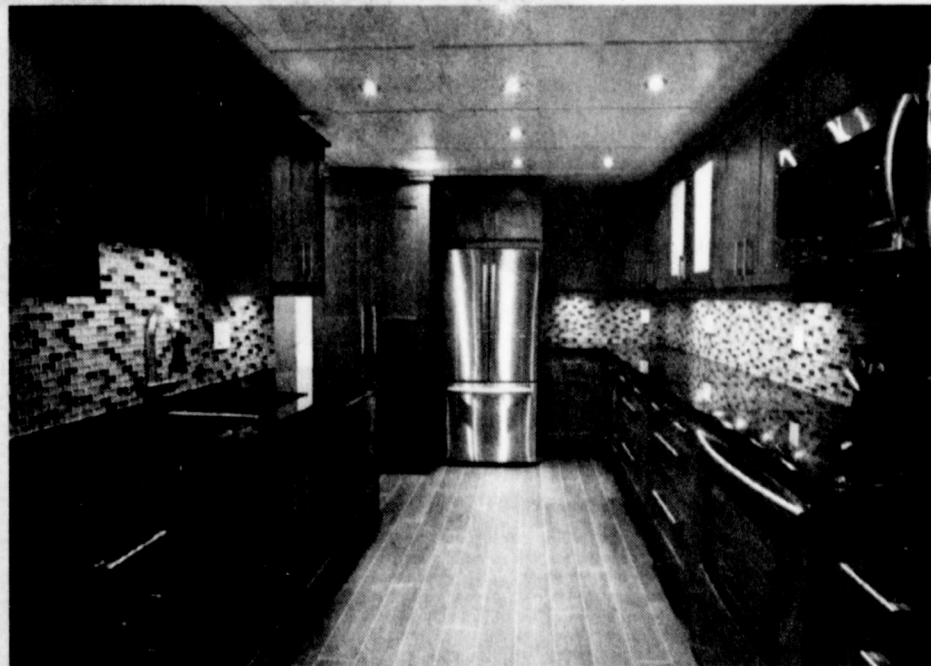
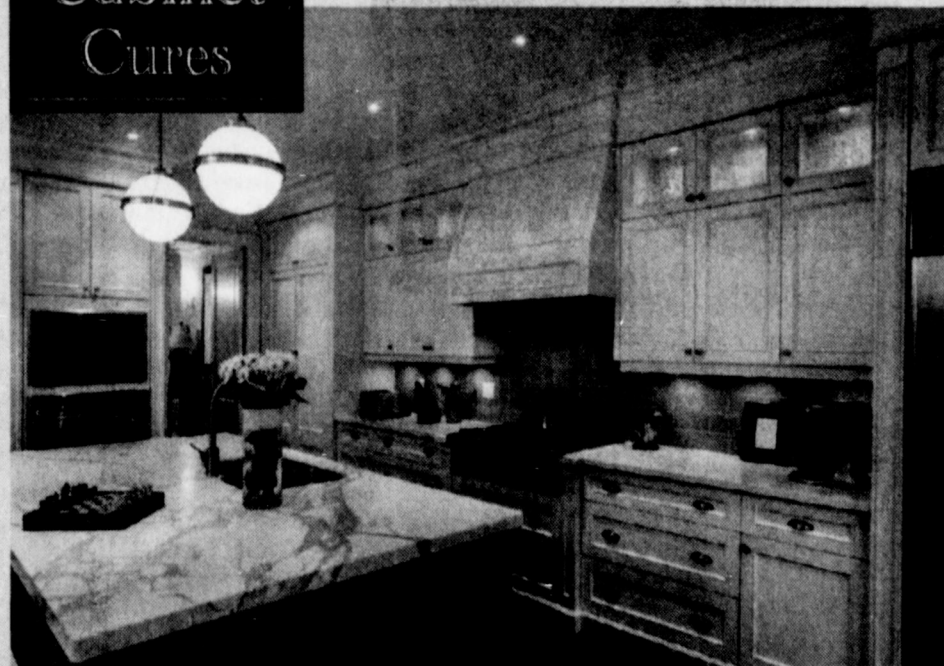
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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

How to help Texas

"Texas has yet to learn submission to any oppression, come from what source it may." -- Sam Houston

Countless lives have been turned upside down by the impacts of Hurricane Harvey along the Texas coastline, overwhelming emergency responders and Federal agencies.

From the impacts of 140 m.p.h. winds near Corpus Christi, where the hurricane first made landfall as a Category 4 storm, to the destruction caused by feet of rain in the Houston area, the Lone Star State is in need.

Tens of thousands of people in Texas are now spending their nights in storm shelters and many will return to their homes to find complete devastation as the flood waters continue to rise.

There are ways we can help.

■ The Red Cross (www.redcross.org) is accepting donations to aid people in Texas shelters and support cleanup efforts. You can call 800-RED-CROSS or text HARVEY to 90999 to donate \$10 to the Red Cross.

■ You can give to the Salvation Army online at SalvationArmyUSA.org or by mail, or phone. To call, dial 800-SAL-ARMY, or send a check specifying Harvey relief to PO Box 1959, Atlanta, GA 30301.

■ Catholic Charities USA (www.catholiccharitiesusa.org) will provide aid to victims of Harvey regardless of their religion or background. It offers online donations and the opportunity to donate by texting CCUSADISASTER to 71777.

■ Samaritan's Purse (www.samaritanspurse.org) plans to strip damaged homes of floors and walls damaged by water and work with partner churches to provide relief. You can donate on their website or sign up to volunteer in the area. 828-262-1980.

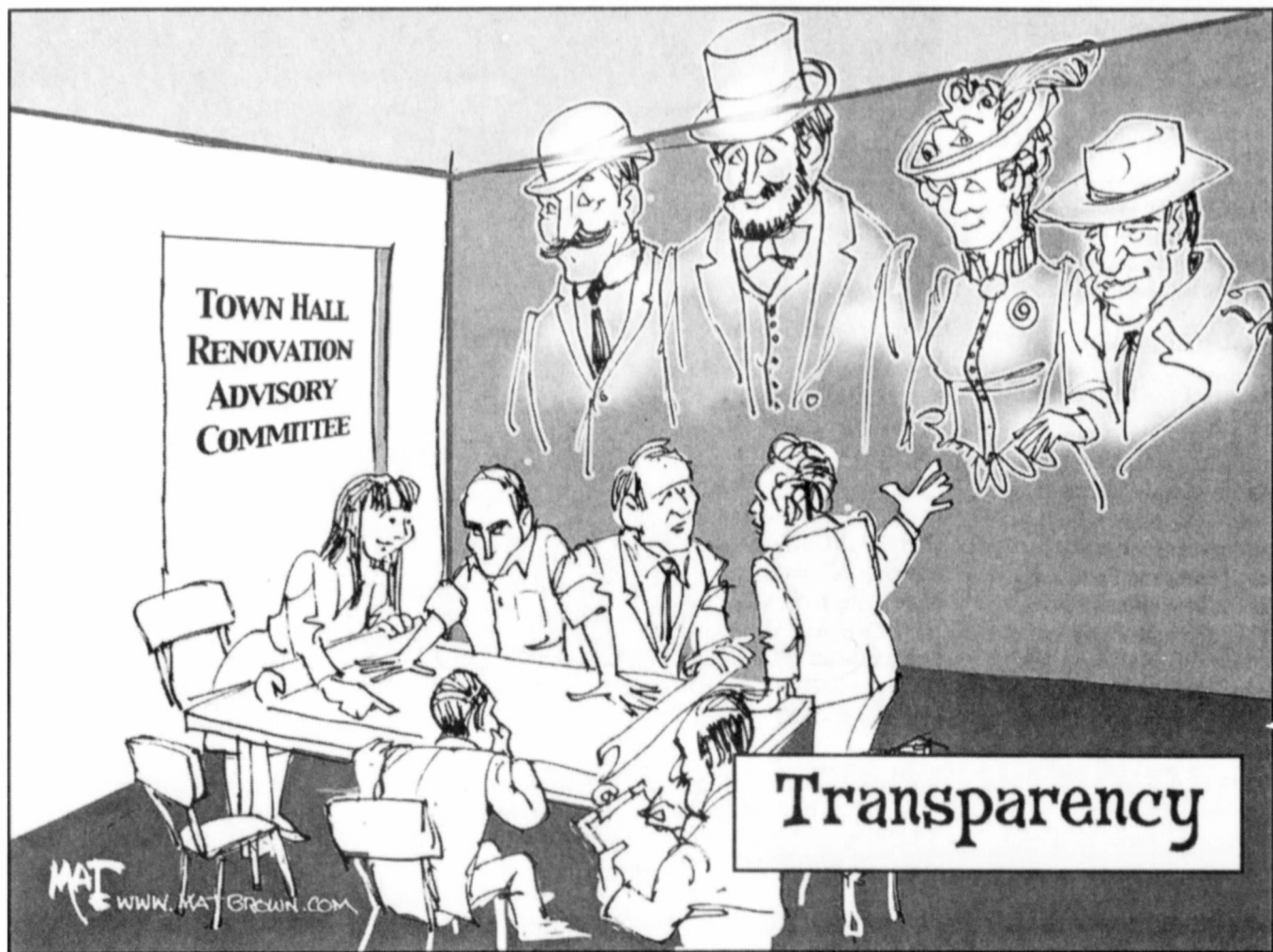
Tens of thousands of people in Texas are now spending their nights in storm shelters and many will return to their homes to find complete devastation as the flood waters continue to rise.

org) plans to strip damaged homes of floors and walls damaged by water and work with partner churches to provide relief. You can donate on their website or sign up to volunteer in the area. 828-262-1980.

■ AmeriCares (www.americares.org) says every \$10 donation allows it to provide \$200 worth of aid, due to its relationships with pharmaceutical companies that donate supplies. You can donate online or call 800-486-HELP.

■ The website GoFundMe.com is highlighting crowd-sourcing campaigns where funds will be benefiting Texans in need. Options for donating include a disaster animal fund for pets and an effort to provide hot meals. Those looking to help can review the donating options at a special page dedicated to Hurricane Harvey causes at GoFundMe.com.

■ If you're looking for a local charity to support in the wake of Hurricane Harvey consider Houston Food Bank, Food Bank of Corpus Christi, Houston Humane Society, Houston SPCA, or San Antonio Humane Society. These highly-rated organizations are located in the most-affected areas and are providing support to individuals and animals, according to www.charitynavigator.org.



PUSHING THE EDGE

Who is shaping the values of your children?

If it is not you, who is? Students may be on vacation but they are not unplugged. In fact they are connected to their friends and the internet more than ever. While many parents get their news from cable television, newspapers and network news, young people use their mobile devices and social media to stay connected and informed.

The world in all its splendor and ugliness is at their fingertips. Social media has become a vehicle to tap into and spread gossip. Unfortunately it can also be used to spread hate and fear to wide audiences with as little as 140 characters. As adults we want to protect and keep our children safe but we cannot quarantine them from information. We hope they exercise good judgment as



GLENN MANGURIAN

they surf the net and interact with others.

Youth is a time of discovery. Children are still forming and in some cases questioning their identity. They are impressionable, heavily influenced by peers and exposed to information beyond their age. Their sprint to adulthood has them believing that 16 is the new 21 and 12 is the new 16. So they need to be grounded in strong values at an earlier age.

Are young people learning

to distinguish good from evil, right from wrong and truth from falsehoods? We hope they are learning personal responsibility and how to make good decisions but is hope enough? Don't parents need to be proactive in teaching values? We know that life is full of dilemmas in which there are often no clear right choices. How are they navigating the challenges they face now in daily life?

I've learned that children are listening even when they are not listening. While we may be out of touch with the pressures of today's adolescents, we are still their parent and are their most immediate role models. They watch what we do, listen to what we say as well as how we say it.

Children are also aware of the things that we don't say and topics we don't discuss.

Yes, we are shaping their values whether we know it or not. So if we want our children to practice respect, empathy and compassion, we should be modeling that behavior with them.

With all the turmoil in the world right now, maybe this is a teachable moment. Have dinner with your children and let them know that you love them. Ask them their opinion about world and national events. You might be surprised what conversation that might open.

Glenn Mangurian is a Hingham resident of 30 years. His recent book, *Pushing the Edge of Thought, Possibility, and Action*, is available on Amazon. He welcomes your comments and can be reached at glenn@glen-nmangurian.com

GROWING ON THE FARM

Rows of olive trees in Spain

The olives are on the branches of many olive trees, which make many rows. The only problem is the olives are on the trees in southern Spain and we would need to go to Whole Foods or the deli counter to enjoy olives, while being mindful of the pits.

Many crops we may enjoy and long to consume are not able to grow in these parts. We do have a farm stand at Holly Hill Farm which features crops and vegetables grown on location in the fields on the farm.

On a recent, fortunate trip to Europe, I was able to see products growing in large numbers and in the backyards of homes. There were large bunches of basil in pots and bushes of rosemary who were both asking to be fondled and smelled and



JON BELBER

enjoyed. We grow these too, but not in this quantity nor with the same vim and vigor.

There were grapes, which were being harvested for wine and tomatoes which were harvested for salad. Rectangle bundles of hay sat in now barren fields, ready to be stacked and fed, over time, to the wandering goats, donkeys and horses. There were other warm weather crops growing, but I did not see them, potatoes and apricots to name two.

People all over the world

need food, need it to be grown nearby to where they live and lots of people are involved in the growing process themselves, on all levels, from farm to garden to terra cotta pot. The production is enhanced by water which is sent down the hillsides, mostly through pipes and hoses.

And many fields and garden areas are productive due to the aforementioned animals who leave behind their manure. Our farmers and teachers at Holly Hill are not bringing the animals to the fields to wander, but seeing the rich soil is a good reminder to arrange our manure enrichment to fields and garden beds when the fields are empty and ready. It is a good way to give back to the soil that gave us the food we need to live.

The farmers are doing a good job these days filling the shelves and baskets with the harvest. Tomatoes, greens, cucumbers and beets are plentiful this late August. People who may not be growing their own supplies for supper can come to the farm or a farmers market to ponder and purchase.

Vases of carefully arranged flowers also sit on the counter ready to be admired both at the farm and at someone's home. No olives are growing on our hillsides, but there are wood trails to walk, animals to admire and fields full of plenty, thanks to those who are growing.

Jon Belber is education director at Holly Hill Farm in Cohasset. He can be reached on email at: jbelberhollyhill@hotmail.com.

DON'T MISS THIS

Scenic Roads Bylaw: Next steps for your street

This May, Cohasset voted decisively to approve a Scenic Roads bylaw, joining over 60 Massachusetts towns with similar legislation, including neighbors Scituate and Norwell, on whose law the Cohasset law was based. The law will confer protection to historic stone walls and mature trees lining public roads designated as scenic,

forcing those who undertake construction and public utility works to right what they have "wronged" during construction.

For streets which receive "scenic roads" designation, the protections are limited to stone wall structures and mature trees in the "right of way," the narrow strips on either side of all public roads which are technically

town-owned property.

The process involves having a petition signed by 30 Cohasset citizens, including 15 who live on the public street in question (private ways cannot receive the designation). Petitions must then be submitted to the Planning Board, who schedules a hearing to enable the petition to be placed on

the warrant at the next Town Meeting. The road will then receive its official "scenic" designation as of that Town Meeting.

Citizens for Cohasset's Future, the activist group that initially proposed the law, can guide those interested in safeguarding their roads. Those looking for further instruction should go to CohassetCitizen.org.

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VIEW FROM THE FRONT PORCH

If I were able...

The dog days of summer in Cohasset are almost over. Soon summer scenes of young couples pushing strollers, kids fishing from one bridge while jumping from another and red tired faces leaving the beach at the end of the day will give way to autumn colors and bustling schools. As vibrant as the activity in our cozy-little-hamlet-by-the-sea is, it's surpassed by the natural beauty of the seasons.

Each season exposes a totally different dimension to Cohasset's amazing landscape, and the activity that encompasses it. Ask anyone to describe the most beautiful part of the town and why, and you most likely never get the same answer. Going around town over the years I have found myself envious of artists who are able to creatively share the beauty of what so many of us sometimes just take for granted. I've wondered many times what I would do if I had any artistic talent what-so-ever.

Painters and illustrators are artists who are able to capture on a canvas the essence of moment using a myriad of mediums. Show a single landscape to a dozen different painters and ask them to recreate it and the result most likely be uniquely different but all accurate representations. Unfortunately for me, art class was always my nemesis; heck I used to have trouble simply coloring within the lines.

If I were able to create an image like a painter or sketch artist, I would look at Cohasset as a gift. Perhaps I would be as talented as Fredrick Edwin Church and convey the beauty of the marshes and the reflections of the shoreline in the water. Or maybe I would be like Winslow Homer and transform the depths of Cohasset's rocky shores onto a canvas. Perhaps I could capture a lifetime moment like Norman Rockwell and share the morning conversations at the tables inside French Memories, or the hustle of the kids coming into Atlantic Bagel before heading out to sailing on a summer day. But alas I am not a painter and I can only dream of what I could possibly do.

Poets are artists who through the gifts of words are able to share emotions and create images and feelings. Aside from the quirky haiku and perhaps a whimsical rhyme that may or may not include an island off the coast of Cape Cod; I am unable to artistically fuse words into flowing prose.

If I were able to convey what I see and feel in a poem, perhaps I'd write about the snow falling softly on the shores around the harbor. Maybe I could channel my best Robert Frost and pen a soliloquy about walking in Whitney Woods on a cool autumn day. Possibly like Longfellow, I could beautifully spin together words to describe the weathered monuments and grave-stones overlooking Little Harbor; each an entire narrative unto itself. But alas, I am not a poet and I can only read and appreciate the works of others.

Photographers are artists able to precisely



JOHN MCSHEFFREY

Ask anyone to describe the most beautiful part of the town and why, and you most likely never get the same answer.

capture nature's beauty, a defined moment or an individual's emotion. While sometimes I think I have the eye to be a photographer, I lack the skill to calculate proper apertures and exposures as well as the perseverance needed for the ideal shot. Furthermore, my silly cell phone camera simply doesn't measure up to the proper equipment needed.

If I were able to take photos with any degree of skill, perhaps I would spend a year creating a photographic journal of the changing seasons in and around the Town Common and village. Per chance I'd document the excitement of the summertime concerts and graduations at the Music Circus. If I had true talent, my photos would capture and share the youth and wisdom of Cohasset's older generation. But alas, I am not a photographer and I can only look and admire the amazing works of others.

Composers and musicians are artists that create sounds that move and inspire others. From classical symphonies to the bubble-gum pop song, being able to bring sounds and lyrics together is a true gift. While my music collection is as expansive as small used record store, if I were forced to put together a few chords, the result would make toes curl and eyes roll.

If I were able to create music, I'd venture down to Black Rock Beach to be inspired by the sounds of the waves upon the rocky beach and like Vivaldi compose a classical masterpiece. I can imagine myself writing a Pete Seeger type ballad about the lobster boats and the tough haul of keeping them going. Maybe I would sit in the stands at Barnes and Chase and like John Fogerty write a song about young kids playing ball and their parents cheering them on. But alas, I am not a musician, and I'm only able to turn the dial up to eleven when I hear a tune I like.

With our fast paced lives, it's simply too easy for us to take for granted the beauty our cozy little hamlet-by-the-sea offers, but we shouldn't. The many different aspects of Cohasset are stunningly beautiful and uniquely charming. Perhaps you have the artistic talent that I so severely lack, if so I hope that you're inspired by Cohasset's many gifts and create one of your own.

As always, thanks for reading.

—John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jjmcs@aol.com

DOWN BY THE SEASIDE

Buses are coming! Buses are coming!

A few years ago, a dozen women descended on The Square Café for lunch on the first day of school. It was a celebration for those whose youngest were off to full-day kindergarten. We were showered and wearing clothing not intended for exercise or lounging. Our lives were about to change.

Roughly half the group could not get the corks out of the champagne bottles fast enough. Others were quieter, ambivalent. And a few arrived tear-streaked, sniffling into soggy napkins and trying to smile.

Back to school means different things to different people.

Being firmly in the champagne camp, I wondered how others were feeling this year. So I emailed 100 Cohasset parents whose children range from preschool-through college-aged (parenthood has a way of lengthening one's contact list around here), asking who fell into the "counting-the-days" camp and who was whispering "Please don't let it end" to the heavens.

Dozens of people responded. Some shared a few humorous-yet-sincere lines, while others replied with lengthy, in-depth explorations of what autumn means to them as mothers and to their families. Still others called and texted, preferring to share thoughts that way.

As it turns out, plenty of us celebrate back-to-school as 'Mom New Year' or as Sue Rath called it until summer homework loads took the wind out of her family's sails, "a



MICHELLE MARTIN DEININGER

second Mother's Day."

According to everyone's input, we're fairly united as a community in our appreciation of schedules and structure – and in gritting our teeth over homework loads. (Which may not be entirely the homework but also the time-sucking cajoling to get offspring to Just Do It.) The topic of homework elicited the word 'dread' repeatedly.

Driving kids to sports events and enrichment activities was also at the very bottom of the list ranking fall's activities on the desirability scale. And no wonder – traffic is getting downright apocalyptic. (Tech whizzes, hurry up with the driverless cars already!)

We also appreciate the rhythms of the seasons, and the promise and purpose each one holds. The productivity of the school year feeds the sweet

celebration that summer moments hold – when we can grab them. And any downtime over summer months fuels a craving for the work autumn brings.

"I need a schedule. My kids need a schedule. We need something to keep us on track," wrote Bennett Crowell. "Back to school is vital and helps us remember why we appreciate summer."

Others echoed that sentiment.

"Having a purpose every day is far better

Being firmly in the champagne camp, I wondered how others were feeling this year.

than expecting parents to provide hourly entertainment. As the days dwindle, I also get the sense that the feeling is mutual," wrote Carlene Lanier.

September brings to-do lists that for many of us have been on hold.

"My 'to-do-once-kids-go-back-to-school' list has seen weekly additions throughout the summer. Perhaps that's the truth about my sadness at summer's end: no more procrastinating," wrote Cheryl Whetstone.

As a lifelong procrastinator who works best under deadline pressure, preferably with an editor standing behind me hollering, I hear that.

Summer holds Charlie Brown-and-the-football-moments, too. Those whose kids have reached a certain age identified a source of parental angst the rest of us will know all too soon:

"I romanticize the freedom of long summer days and beach fun, but surly teenagers and 'boredom' with the simplicity of sun and surf has me pining for the structure of the school year," wrote Kathy Sherbrooke.

And some families in which both parents work outside the home outlined schedule challenges that keep them running so fast that summer didn't always feel like summer, expressing resignation about beach and pool passes that went nearly

unused and a shortage of downtime.

"It feels almost like a race against time to sign up and fill up the 10 weeks of full-day activities," wrote Gabriela Laird. "We don't want to have anything left for chance as we need to work and the girls need to be somewhere."

The downtime shortage hit stay-at-home moms too.

"During the summer weekdays I have found it hard to be 'creative and fun' and not doing my own chores for all of the 12 hours they are awake," wrote Katie Norton.

Some mothers said that as their kids get older, they're struggling with a sense of the fleeting nature of childhood, and of bigger changes coming all too soon. They're the ones whispering to the heavens not to let summer end yet.

Others admitted they're in the champagne camp, but said they felt guilty about it.

Guilt or no, they'll be the ones with the biggest grins at Square Café next week.

Every single thing these women said is utterly relatable. Especially this, from Barb Stefan: "Being able to sleep in more makes not having school almost worth it."

I agree with all of it. Juggling work, home and family reminds us that nothing is simple, and there are always more than two camps. Champagne, Kleenex...grab a little of each, everybody.

—Michelle Martin Deininger lives in Cohasset. You can contact her at moonlightmle.blog.

LIBRARY CORNER

September Recovery Month programs

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit: www.cohassetlibrary.org.

September is Recovery Month: The Paul Pratt Memorial Library is teaming up with the Safe Harbor Cohasset Coalition to present a variety of programs in September. All programs are free and open to the public.

■ Medical doctor and author Steve Kassels, MD will give a talk about his book "Addition on Trial" at the library on Thursday, Sept. 7, at 7 p.m. [COURTESY PHOTO]

■ Susan Kippen will talk about her book "The Missing Link" at the library on Sunday, Sept. 10, at 4 p.m.

■ Michael Govoni, a mindfulness guru in long-term recovery will present



Medical doctor and author Steve Kassels, MD will give a talk about his book "Addition on Trial" at the library on Thursday, Sept. 7, at 7 p.m. [COURTESY PHOTO]

a talk on Thursday, Sept. 14, at 7 p.m. about wellness and mindfulness designed to help guide people through the challenges of life.

■ Katie Morini, author of "The Story of Red Tail Hawk," will give a talk about her book at the library on Sunday, Sept.

17, at 4 p.m.

■ On Sunday Sept. 24, at 4 p.m., Attorney Bob Harnais and local resident Annemarie Whilton will give an informative talk about navigating Section 35, a state law that permits the courts to involuntarily commit someone whose alcohol or drug use puts themselves or others at risk.

■ During the months of September and October, an art exhibit that documents the challenges of addiction and the glories of recovery captured by photographer Keith Conforti will be on display in the library's Meeting Room.

Visit the library's website for detailed information about these events or call the library at 781-383-1348.

Open Book Hour: On Saturday, Sept. 16, at 2 p.m., local author Lisa Hutchison will share her experiences as a contributing author in two Chicken Soup for the Soul books about her mother's inspirational story of positivity following a severe stroke and how writing heals grief. All are welcome.

Volunteers Needed: The library is looking for reliable and conscientious people to help shelve library materials 1 to 3 hours per week. Applicants must be detail oriented and able to push heavy book carts. For more information stop by the circulation desk to pick up a Volunteer Form. Call Kristin Norton for more detailed information.

SAVE THE DATE

Author talk on addictive behaviors

The Paul Pratt Memorial Library and Safe Harbor Cohasset Coalition have teamed up to present a short talk given by Susan Kippen, author of "The Missing Link," a spiritual guide for understanding addictive behaviors, at 4 p.m., Sunday, Sept. 10 in the library meeting room. Books will be available for purchase: cash or check only.

In her book, Kippen explores the use of mindfulness to identify, understand, and overcome the patterns of fragmented processing

that often underlie habitual or addictive behaviors. The talk supports National Recovery Month.

Kippen, an author, teacher, and holistic healing practitioner of 29 years, is the owner of South Shore Natural Healing in Marshfield. Her abilities as a Truth Seer have allowed her to experience the multi-layered complexity of the mental/emotional patterns in others.

Over the years, she has developed a unique holistic therapeutic approach that combines: Empathic

Therapy, Polarity Therapy, Hypnosis, Shamanic Healing, Reiki, Cellular Memory Clearing, and teaching.

During therapy sessions with clients, she utilizes combined techniques to bring greater balance and wholeness on physical, mental, emotional, and spiritual levels.

This specialized therapy has proven to be effective with a great number of clients. Kippen's professional goal is to assist individuals in seeing the truth within them, and to be unafraid of their internal experience, so



Susan Kippen, author of "The Missing Link," will give a talk at 4 p.m., Sunday, Sept. 10. [COURTESY PHOTO]

that they can grow and flourish in the celebration of life.

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CENTENNIAL

Sandy Beach Association looks to the future

By Jack Tolman
Correspondent

As the Sandy Beach centennial comes and goes, it's a great time to reflect and appreciate one of the great landmarks of Cohasset.

In 1917, a number of townsfolk, including Oliver Howe, Hugh Bancroft, Edward Bayley, George Bouve, William Brown, Edwin Furber, and William Sears, purchased the land to establish Sandy Beach as an open park, "for the benefit of all legal residents of the town of Cohasset."

With the purchase, the Sandy Beach Association was established to preserve and maintain the land. Since 1917, the SBA has been completing that mission, putting in tireless effort to maintain the beach and making it one of the best destinations on the South Shore.

Throughout the 1940s, my grandfather, John Tolman, who grew up in Cohasset, was the treasurer for the SBA. During World War II, he would patrol Sandy Beach, watching the waters for German U-boats. While at a different time and under different circumstances, my grandfather's task was the same as those who work to preserve the beach today.

In 1970, the bathhouse, that had been present on the land for over 50 years, was destroyed due to vandalism that caused a fire and burned it down. In its place, the current cinder block structure was built and used for lockers.

"Our plans are to renovate it only," said Catherine O'Callaghan of the SBA. "The footprint of the existing structure will remain. It is in need of updating and reconfiguring the space."

She said work will not begin until we raise the money needed and the



Kennedy family children in a boat at Sandy Beach in the 1920s. [COURTESY PHOTO]



Sandy Beach as it looks today. [COURTESY PHOTO]

current bathhouse will remain open through Labor Day.

Contrary to popular belief, Sandy Beach receives no money from parking stickers, taxes, or the like. Instead, and throughout its entire existence, maintenance of the beach has relied on charitable donations. The Association is currently fundraising by selling bricks to the public at a cost ranging from \$500 to \$5000 that will be used in the renovation of the bathhouse. These funds will help the Association repurpose the bathhouse and implement new ways to make it more useful and accessible to the public.

Some of these upgrades include adding storage space to help make room for kayaks, paddleboards,

These funds will help the Association repurpose the bathhouse and implement new ways to make it more useful and accessible to the public.

and other recreational equipment. In addition, another exciting development is a plan to add a snack bar, similar to that at the town baseball fields. While the arrival of the ice cream truck is always an exciting moment for any kid at the beach, adding more variety in food and beverages will be a wonderful way to add to the beach-going experience.



Joseph Kennedy with his children at Sandy Beach. [COURTESY PHOTO]



Sandy Beach before the Sandy Beach Association. [COURTESY PHOTO]

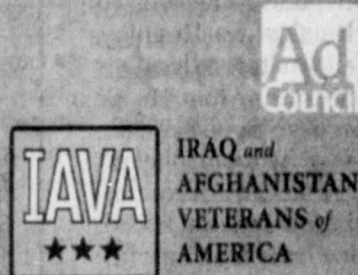
Over the past century, Sandy Beach has changed quite a bit, but the mission of the Sandy Beach

Association members has remained constant, dedicated to maintaining and preserving the beach

for the community and ensuring the best experience this jewel of Cohasset provides its residents.

WE'VE GOT YOUR BACK.

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Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any question about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

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Room 520

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THE HOUSE AND SENATE: There were no roll calls in the House or Senate last week.

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VOTING WITH THE PARTY LEADERSHIP - This week, Beacon Hill Roll Call reports the percentage of times local representatives voted with their party's leadership in 2017 through August 25.

The votes of the 2017 membership of 34 Republicans were compared with those of GOP House Minority Leader Bradley Jones (R-North Reading). The votes of the 2017 membership of 122 Democrats were compared to House Speaker Robert DeLeo (D-Winthrop). Beacon Hill Roll Call uses 72 votes from the 2017 House session as the basis for this report. This includes all roll calls that were not quorum calls or on local issues.

A total of 78 of the 123 Democrats voted with DeLeo 100 percent of the time. That means nearly two-thirds of the Democrats always voted with DeLeo.

The Democratic representatives who voted the lowest percentage of times with DeLeo are Reps. Colleen Garry (D-Dracut) who voted with DeLeo only 62.3 percent of the time and Jonathan Zlotnik (D-Gardner) who voted with DeLeo only 68.1 percent of the time.

Only four of the 34 GOP members voted with Jones 100 percent of the time. That means only 11.8 percent of the Republicans always voted with Jones. The GOP representatives who voted with Jones the lowest percentage of times are Reps. Susannah Whipples (Independent-Athol) who voted with Jones only 79.2 percent of the time and Jim Lyons (R-Andover) who voted with Jones only 85.9 percent of the time.

REPRESENTATIVES' PERCENTAGE OF VOTES SUPPORTING THEIR PARTY'S LEADER IN 2017

The percentage next to the representative's name represents the percentage of times the representative supported his or her party's leader.

The number in parentheses represents the number of times the representative opposed his or her party's leader.

Some representatives voted on all 72 roll call votes. Others missed one or more of the 72 votes. The percentage for each representative is calculated based on the number of roll calls on which he or she voted and does not count the roll calls for which he or she was absent.

Rep. Bruce Ayers 100 percent (0)
Rep. Thomas Catter 91.0 percent (6)
Rep. James Cantwell 100 percent (0)

Rep. Mark Cusack 100 percent (0)
Rep. Josh Cutler 100 percent (0)
Rep. David DeCoste 98.1 percent (5)
Rep. Angelo D'Emilia 100 percent (0)
Rep. Geoff Diehl 97.2 percent (7)
Rep. William Driscoll 100 percent (0)
Rep. Michelle DuBois 98.6 percent (1)
Rep. William Galvin 98.6 percent (1)
Rep. Susan Gifford 98.6 percent (1)
Rep. Patricia Haddad 100 percent (0)
Rep. Randy Hunt 94.4 percent (4)
Rep. Louis Kafka 100 percent (0)
Rep. Ronald Mariano 98.6 percent (1)
Rep. Christopher Markey 97.2 percent (2)
Rep. Joan Meschino 100 percent (0)
Rep. Mathew Muratore 100 percent (0)
Rep. James Murphy 100 percent (0)
Rep. William Straus 100 percent (0)

ALSO UP ON BEACON HILL

RENAME YAWKEY COMMUTER RAIL STATION (H 3887) - A late-filed bill before the Transportation Committee would create a special commission to study and make recommendations to the MBTA about changing the name of the Yawkey commuter rail station on the Worcester-Framingham line to a name that is "consistent with and reflects the values of the commonwealth."

"We filed the bill because Tom Yawkey, the Red Sox owner for whom the railroad station and the street Yawkey Way are named was recognized to have made racist decisions," said Rep. Ruth Balser (D-Newton), one of the bill's sponsors. "The Red Sox was the last team in the major leagues to integrate. Just as the Red Sox organization is discussing leading the process of changing the name of Yawkey Way, we believe the Legislature should start the process of changing the... [name of the] station."

Balser noted that the proposal sets up a process for a public discussion for selecting a name that the commission believes will better reflect Massachusetts' history of leading the struggles for equality.

HOME LOANS FOR FIRST RESPONDERS (S 733) - The Housing Committee held a hearing on a bill that would create a special home loan program for first responders, including police officers, firefighters and EMTs, who are working for a city or town that requires them to live within a short distance of the city or town.

Supporters say the already difficult problem of home buying in this market is compounded by the residency requirement and limits where the first responders can work.

\$2,500 FOR FIRST-TIME HOMEBUYERS (S 751) - Also on the Housing Committee's agenda was legislation that would create a program that would help first-time homebuyers by providing up to \$2,500 to pay closing costs.

The measure also allows consumers to contribute up to \$4,000 to a first-time home-buying account. The money would be tax-free when deposited and when taken out of the account as long as it goes toward the purchase of a home.

CONSUMER COMMITTEE HEARING - The Committee on Consumer Protection and Professional Licensure will hold a hearing on September 12 at 1 p.m. in Room A1 at the Statehouse. Several bills are on the agenda including:

IMMUNITY FROM PROSECUTION (S 111) - Provides immunity from prosecution for persons under age 21 who seek medical assistance for an alcohol-related overdose, if the evidence for the charge of possession of alcohol was gained solely as a result of the person seeking medical assistance.

Supporters say this will ensure that these underage drinkers get medical help immediately when necessary instead of delaying it because they are worried about being charged with underage drinking.

BARS AND RESTAURANTS MUST PROVIDE FREE WATER (H 3468) - Requires restaurants and bars that serve alcohol to provide customers with free tap water when requested.

Supporters say customers are often not given free water upon request and are forced to purchase bottled water or go without it. They argue that spacing the rate of consumption of liquor out by alternating with water significantly reduces the chances that someone will become intoxicated and helps reduce dehydration.

ALLOW CITIES AND TOWNS TO CONTROL LIQUOR LICENSES (H 189) - Gives cities and towns the authority to decide how many liquor licenses are granted in their community. Current law determines the number of licenses that can be granted based on the population of the city or town. To obtain any additional licenses, cities and towns are required to have the request approved by the Legislature.

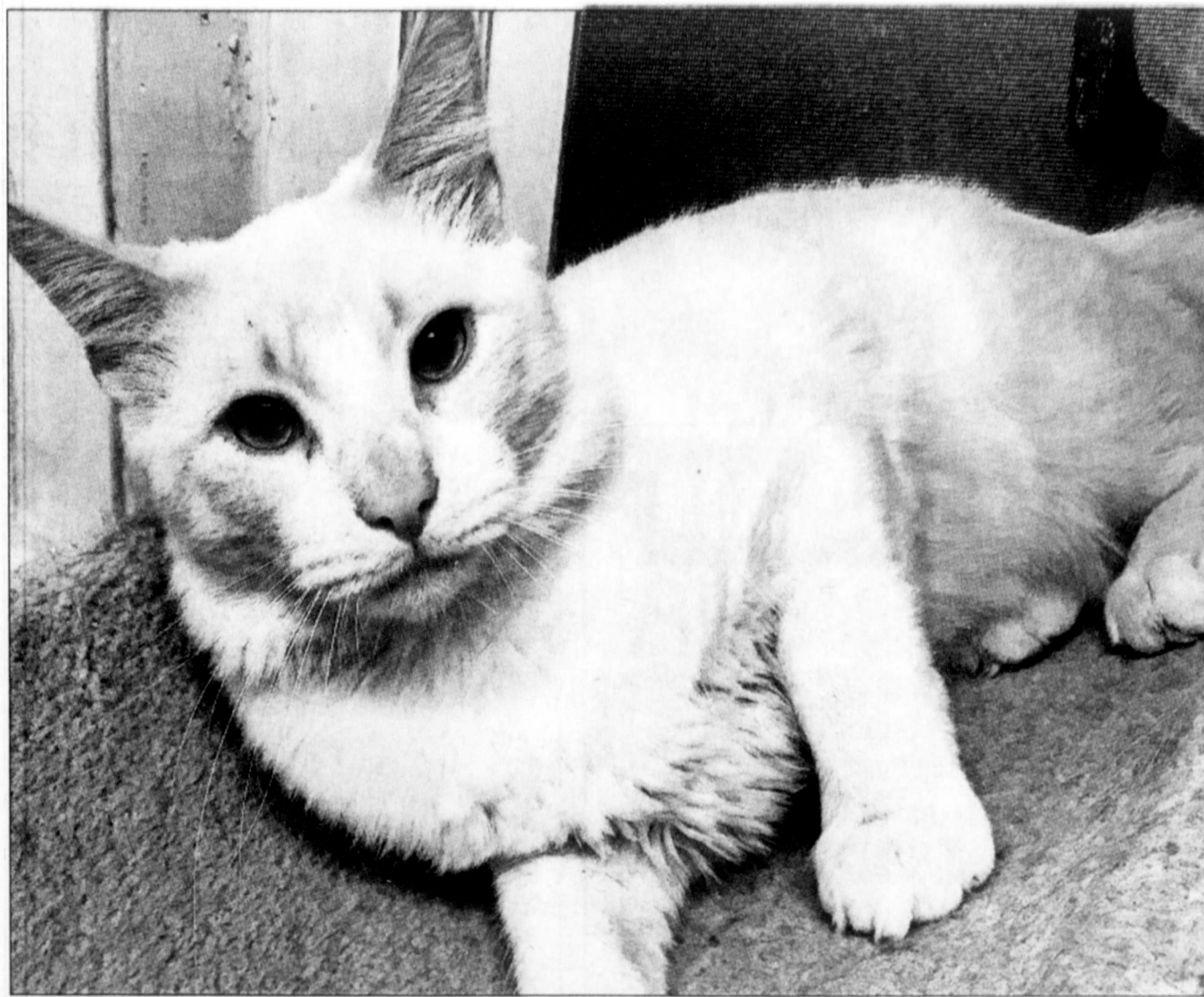
Supporters argue that local communities, not the state, should have the power to decide how many liquor licenses are granted. The bill's sponsor Rep. Joseph McKenna (D-Webster) says that almost all the requests to the Legislature are approved with no opposition, but notes the process can take months and require political connections.

"Alternatively, in some areas, if a developer or restaurant owner is fortunate enough to have several hundred thousand dollars, they can just buy one," said McKenna. "To me this is an arduous burden to entry that limits economic development and protects existing business. It blocks start-ups and entrepreneurs who may want to start a restaurant or store."

HOW LONG WAS LAST WEEK'S SESSION? Beacon Hill Roll Call tracks the length of time that the House and Senate were in session each week. Many legislators say that legislative sessions are only one aspect of the Legislature's job and that a lot of important work is done outside of the House and Senate chambers. They note that their jobs also involve committee work, research, constituent work and other matters that are important to their districts. Critics say that the Legislature does not meet regularly or long enough to debate and vote in public view on the thousands of pieces of legislation that have been filed. They note that the infrequency and brief length of sessions are misguided and lead to irresponsible late-night sessions and a mad rush to act on dozens of bills in the days immediately preceding the end of an annual session.

During the week of August 21-25, the House met for a total of 40 minutes while the Senate met for a total of 46 minutes.

GIMME SHELTER



Bogart is a handsome, affectionate guy with love to share. [COURTESY PHOTO]

Bogie, the cat, is a super star

By Christine M. Mosher

This week at Hull Seaside Animal Rescue, we are featuring Bogart, a neutered male approximately 2 years old. Bogart is a handsome boy with cream fur and light tan markings on his forehead and around his eyes. He has gorgeous, sparkling blue eyes that capture your attention.

Bogart was found wandering the streets in Boston. Thankfully, he was found by one of our rescuers and he is now safe and waiting for a forever home.

Bogart is rather shy and cautious at first. It takes him some time to feel comfortable, but once he feels safe, he is quite friendly. He loves to be petted and he rewards you with soft purrs. He enjoys when you talk to him while petting him. He likes to sit high up so he can survey the room. Bogart is a great cat that would make a wonderful friend.

Bogart gets along with other cats, but he is afraid

of dogs. He may do well in a home with another cat or a home where he is the only cat and he can be the star of the show! Could Bogart be a match for you?

You can learn more about Bogart as well as other cats we have available for adoption by visiting us online at www.hsar.org or in person during Open Hours. We are located at 487 Nantasket Ave. in Hull. We have Open Hours on Monday

evenings from 6:30 to 7:30 p.m. and Saturday afternoons from 2 to 3 p.m. If these times are not convenient for you, please call Judy our Adoption Coordinator at 781-534-4902 to schedule an appointment.

Hull Seaside Animal Rescue (HSAR) is a no-kill cat shelter that relies solely on donations, grants, and contributions. If you would like to make a tax-deductible donation,

please visit our website (www.hsar.org), or by mailing a check to: HSAR P.O. Box 787 Hull, MA 02045.

And to all of our wonderful supporters, volunteers, and adopters: Thank you for helping us to help them!

—Christine Mosher is a volunteer at Hull Seaside Animal Rescue.

DOG TALES



Dakota is a big gal with a big heart and hopes to find a family soon. [COURTESY PHOTO/RICH MCSWEENEY]

Dakota is a friendly female

I am Dakota and I must face the fact that, at age 7, I am a large economy-sized Schnauzer, tipping 'em at around 100 pounds. But at heart I am a lap dog.

I really like people and I am very well-trained. The "but," and so often there's a "but," is that I am recovering from a chronic urinary tract infection and I may need medication from time to time. I guess I should also add that, given my

size, a home with older kids might be more appropriate.

Regardless, I assure you I would be a nice, friendly addition to your family.

Interested? Email info@scituateanimalshelter.org or call 781-544-4533

—As told to Bob Ryan, ESPN commentator and Boston Globe Columnist Emeritus



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BRIEFLY

Cub Scout signups Sept. 9

Cohasset Pack #38 Cub Scout Registration will be held Saturday, Sept. 9th, in the Meeting Room at the Paul Pratt Memorial Library from 5 to 7 p.m. All boys in Grades 1-5 interested in Scouts should register at this time.

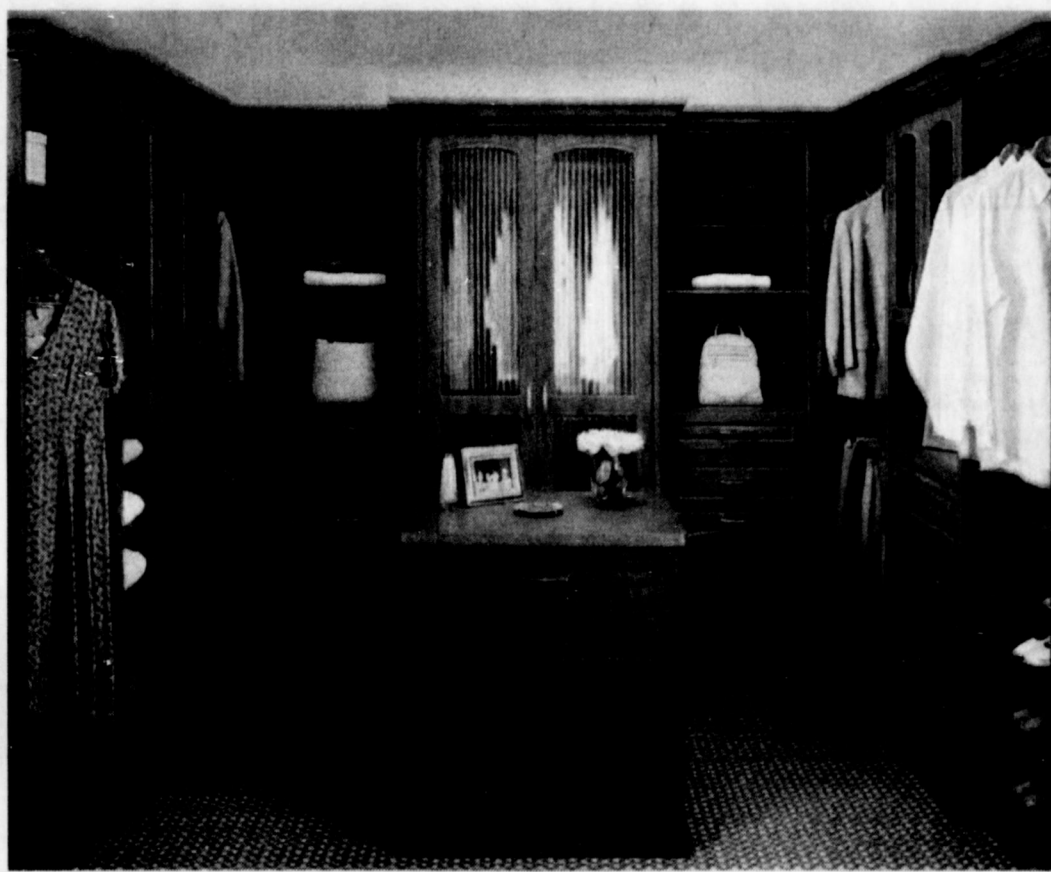
Boys entering first grade can join Tiger Cubs, a program for boys and an adult partner. Boys going into second through fifth grade will join Cub Scouts at the program level corresponding to their school grade. Currently registered Tiger or Cub Scouts should re-register at this time. Any parent who would like to work with their boy as a Den Leader can register also.

Handbooks can be purchased during registration. Adult leaders who are not continuing should return any Pack material (leader's guide, program helps, extra badges, activity books) at this time. If you have any questions, please call Linda Farrag at 781-383-9519. If you have a current uniform that is no longer being used, please let Linda know.

The first Pack Meeting of the year for Cohasset Cub Scouts and their parents will be held on Monday, Sept. 18th, from 6:30 to 7:30 p.m. at the Deer Hill School cafeteria.

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SPORTS

MORE INSIDE

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QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send Your Stuff
The Cohasset Mariner sports department is always looking for a little extra hand. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

YOUTH BASEBALL

CYBSA registration

CYBSA fall baseball registration is open through September 4.

This year the players will work in a practice format with their specific age group on skills to improve play.

Sundays, September 10-October 29.

Visit www.cybsa.net to register.

For more information please email jencoak-leymler@mac.com

COACHING VACANCY

Cheer coach

Hanover High School Athletics is currently seeking a Head Cheer Coach for the fall season.

Please direct inquiries to Athletic Director Scott Hutchison at shutchison@hanover-schools.org

ICE SKATING

Learn to Skate

The South Shore Seahawks are accepting registrations for their Learn to Skate program which will be held on Sunday's at 9:20 at Rockland Ice Arena. The program lasts 13 weeks starting on September 17th. It is open to all children two years old and older. The program fills up fast, so register today.

For more information, or to register online please visit www.south-shoreseahawks.org

THE U AT STARLAND

Summer programs

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Drop off your kids every Friday for a fun filled night of dodgeball, basketball, soccer, laser tag, indoor bumper cars, and much more, then head up to the Draft on 53 to enjoy 10 percent off.

The program runs every Friday night from 6-8 p.m. for kids grades 3-8.

Pre-register online by Friday at 2 p.m. for \$20 (drop-in rate is \$25) Pizza and fountain drink included.

SPORTS PROGRAMS

All Star Player Development Program

The All Star Player Development Program is designed to not only teach each aspect of the game but to get the reps necessary to see significant

SEE NOTES, B2

COLLEGE FIELD HOCKEY

Babson ready to rock

Cohasset's Caty Gilman looking to help the cause

By Mike Loftus

Any college athletic program would love a two-year run like this: 38-6 record, two first-place finishes, one conference championship, a trip to the NCAA Final 4.

Many schools fortunate enough to enjoy such a stretch, however, could also expect to have to pause to reload.

And then, there's Babson College's field hockey team.

Yes, the Green and White surrendered five players to graduation after they'd helped guide the program to the school's first Final 4 appearance by a women's team. But that means 15 players who contributed to the best season in program history are back, to see if they can do even more.

"I don't see many holes," said forward Caty Gilman, a Patriot Ledger All-Scholastic from Cohasset High School who is

ultra-motivated after an injury-delayed sophomore season. "We did lose five seniors, but most of us still come into this season already knowing how we play with each other."

"We lost a lot of talent from that senior class," said Canton High product Jacki Merrigan, a forward whose breakout junior year helped Babson overcome the first-half absence of Gilman. "But with a lot of the younger talent we had last year, girls who are now sophomores and juniors, it

feels like we're on the right track."

The Green and White, who open the season on Friday against non-conference foe Worcester State University, seem supremely stocked for 2017. Last season's four top scorers return, a list that includes returning All-American Julie Tango, a junior who led Babson with 51 points (19 goals, 13 assists), senior Elise Towers (19-7-45) and then Merrigan, who jumped to 11 goals and 26 points after scoring only

two goals and two assists over her first two seasons. Four starters from a defense that led Babson to an NCAA-best 15 shutouts in 2016 are back, and that group includes a returning All-American in junior Lauren Drakeley.

As unfair as it might seem, there's emerging talent, too.

Merrigan, who didn't make a single start over her first two seasons, and played less as a sophomore

SEE HOCKEY, B3

FOOTBALL

Prepare to rebound

Experience, speed and smarts key to new campaign

By William Wassersug
wwassersug@wickedlocal.com

Things are looking up for the Cohasset High School football team this year.

Off the field, practice has been going extremely well, and they had a successful fundraising car wash Sunday at Cohasset Collision.

"I want to put in a big thank you to Bill Cavanaro for making it all possible," Cohasset coach Pete Afanasiw said of the car wash.

Back to football, the Skip-pers had a bit of a rough season last year, finishing 5-5 with what had been a mostly younger and inexperienced group of players.

Those players are no longer inexperienced and the Skip-pers are looking to make a move this season.

"Offensively, Noah Froio, Cal Osten, Cliff Ward and Chase Bomeisler are offensive players who are going to be key," Cohasset veteran coach Pete Afanasiw said. "Noah will play a multitude



Cohasset quarterback Matt Lund pitches the ball as Scituate hosts Cohasset in a preseason scrimmage, Saturday, Aug. 26, 2017. [WICKED LOCAL PHOTO/GARY HIGGINS]

of positions, and his quick-ness and agility make him very dangerous in space."

Osten meanwhile, is making a transition, while Ward is a player who has

been improving non-stop.

"Cal is a bruising runner who is making the transition to fullback from guard, and we're hoping he brings a level of physicality to the position

we have been lacking for a few years," Afanasiw said. "Cliff has improved dramatically in the off season, he'll be one of our deep threats, but is also one of the best pure

kickers I've had the pleasure of coaching."

Many fans know Bomeisler for his basketball prowess,

SEE FOOTBALL, B2

WATER SKIING

The family that skis together

Hanover's Frucci family competes at water skiing National Championships

By William Wassersug
wwassersug@wickedlocal.com

As long-time competitive water skiers, Diana Frucci and husband Jay have been competing for years.

The two met while skiing competitively at the University of Kentucky and have continued to love the sport while passing it on to their kids, Cade, Collin and Robbie.

Cade, you may know

as a captain on this year's Hanover football team and also a skier.

This season, Diana, Jay and Collin had a banner year, with all three qualifying to ski at the 75th Goode Water Ski National Championships Aug. 9-12 at San Marcos River Ranch in Martindale, Texas.

They did well.

Collin, who spent time at a water ski school in the spring, placed 34th for slalom in his division, which wasn't quite what he was hoping.

"He fell on his second pass so needless to say he was very disappointed," Diana said. "It's a tough sport in that regard, you

only get one chance. One minute you are turning the 5 ball and the next you are swimming. Collin was a good sport and handled it maturely with grace."

Jay, meanwhile, finished in the top 10 in his division, skiing all three events, slalom, jump and trick.

"He hadn't done that before," Diana said of Jay's finish. "It was pretty cool."

Diana finished 16th in her division.

"I was really excited," she said. "My goal was to get to nationals. I finished second at Regionals and the top five qualify. That's how I got to go. It was exciting."

SEE SKIING, B3



Hanover's Collin Frucci jumps at the "Lakes Region Open" water ski tournament in Wolfeboro, NH over the summer. [COURTESY PHOTO]

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FOOTBALL

From Page B1

but he is also a solid player on the football field with great hands, speed and good lift.

"Chase has some of the best hands on the team, and at 6'7" he'll be an imposing receiving threat," Afanasiv said. He's also put on about 15 pounds in the weight room and is stronger than he was last year."

Defensively, Jackson Fitzgerald, Will Thomas, Sam Sullivan, Michael Nolan and Kyle McFetridge are players to keep an eye on.

"Jackson is a defensive end who blossomed last year, he's bigger and stronger than last year and is going to be a force on the outside opposite Will Thomas," Afanasiv said. "Will is making the move to defensive end and will be a very athletic and physical presence on the edge and with his versatility we can get creative with zone blitzes, etc."

Sullivan will keep opposing offenses on their toes.

"Sam Sullivan is a bruising middle linebacker who plays the game downhill and loves the contact," Afanasiv said. "Both Michael and Kyle will

return as defensive backs who are as good of coverage guys as we have and can very nicely support the run.

So far, things have been going well for the Skippers. "Preseason is going well," Afanasiv said. "We've been implementing all our offensive and defensive schemes and the kids are taking to it well. We had a good couple of scrimmages against Scituate and Sandwich on Saturday, and we'll be scrimmaging SSVT on Friday night."

Having a number of returners with experience has made things easier.

"The learning curve for the kids this season is much faster and smoother than last year," Afanasiv said. "The majority of the kids are returners and it's more of a refresher course rather than a teaching preseason. But none the less the kids are working tirelessly and really have a tremendous attitude and work ethic."

As always, there are usually a few players who open some eyes on the coaching staff.

Afanasiv has a few of those guys.

"A couple of kids that are progressing nicely and have impressed the coaches so



Cohasset Head Coach Pete Afanasiv talks to his team as Scituate hosts Cohasset in a preseason scrimmage, Saturday, Aug. 26, 2017. [WICKED LOCAL PHOTO/GARY HIGGINS]

far are Victor Najjar, Jack Mahoney and Ryan Donovan," he said. "They all came into camp in great shape and as seniors they have set an excellent example for all the other kids to follow both on the practice field and in weight room."

Competition is open in all spots, and with Afanasiv, versatility is appreciated.

"We have been emphasizing that no position is spoken for, and trying to foster competition for those positions, likewise, we try and make sure each player is versatile and able to play a number of positions, in case of an emergency situation arises. I wish I

could say that one position on our team is key, but they are all symbiotically related to each other. As one succeeds the others follow and if one falters the others tend to do the same, and as coaches we try our best to avoid the latter."

As far as the basics go, Afanasiv said his squad has a number of strengths.

"The strengths of this year's team right now is our team speed, athleticism and intelligence, and with that we're hoping to entertain the Cohasset High School fan base with an exciting, physical and balanced team that can put up points and play physical and stifling defense."

NOTES

From Page B1

improvement while also tracking your progress week to week.

The program is open to Middle School participants. Players will be able to train two hours a week for 8 weeks.

There is no pay as you go with this program.

This will allow the Starland staff to create the best training development program for each participant.

\$275.00 per player or \$250.00 per player if pre-registered before October 27.

Dates: Monday October 30, November 6, 13, 20, 27, December 4, 11, and 18 6 p.m. - 8 p.m.

Each session will be broken down into two halves and will focus on a different skill.

Positional Work: This session is designed to allow players to work on learning infield, outfield, Pitching and catching skills. The sessions will increase in intensity throughout the month and will allow players to learn new ways to practice and drills to use throughout their season. For the best results players should focus on one area of interest for the month.

Hitting: Players at both levels are expected to have some basic previous level of hitting instruction. We will work on the basics of hitting, however this will not be hitting 101, especially for the middle school group. Players will work on strengthening their weaknesses and working up to practicing situational strategies.

Starland Futures League

The Youth Indoor Baseball league is perfect for those just starting out or those looking to get in additional reps for little league starts. The program is open to participants 8-11 years old.

Players will be able to train one and a half hours a week for 8 weeks.

The first hour of the program will focus on skills and drills with the last half hour focusing on game play and basic strategy.

\$275.00 per player or \$250.00 per player if pre-registered before October 27.

Dates: Wednesday November 1, 8, 15, 29, 27, December 6, 13, and 20

6 pm-7:30pm

Positional Work: Throughout the eight weeks players will learn the basics of defensive play in both the infield and outfield. The sessions will increase in intensity throughout the session and will allow players to learn new ways to practice and drills to use throughout their season.

Hitting: Similar to positional work, this will focus on hitting from the ground up from the grip all the way through contact.

To Register, contact Steve Garrity at Steve@starland-sports.com

Or register online: WWW.STARLANDSPORTS.COM

COACHING VACANCY

Braintree swim

The Braintree High School Athletic Department is accepting applications from qualified candidates for the following positions:

Swim: Boys/Girls varsity head coach

Qualifications include prior coaching and/or teaching experience at the high school level or beyond. Interested candidates should send a resume and cover letter, along with three (3) letters of reference to:

Swim: Boys/Girls Varsity Assistant Coach
Boys/Girls Dive Coach
Qualifications include prior coaching and/or teaching experience at the high school level or beyond. Braintree High School c/o Michael Denise Athletic Director 128 Town Street Braintree, MA 02184

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SOUTH COAST OUTLAWS

Outlaws pick up the playoff chase

By David Wolcott Jr.
dwolcott@wickedlocal.com

PLYMOUTH - It was a tough weekend to be a top team in the Eastern Football League as a pair of squads fell to defeat and things continued to bunch up at the top of the league standings down to the final stretch of the regular season.

The two-time EFL champion and previously undefeated Taunton Gladiators went down to defeat for the first time, losing to the Middleboro Cobras 17-14. The defeat dropped them to 6-1 and into a first place tie with the Worcester Fury. The Fury had a much better time last weekend in dishing out a 40-0 beating to the still winless Bay State Bucs.

The South Coast Outlaws

got back on the winning track with a nice 20-8 win over the Quincy Militia, avenging a 21-7 loss in the third week of the season. Both teams are now 3-4 with three games left to play.

The Outlaws offensive line had a great game Friday night. Chris McNally ran for 150 yards and Thad France took advantage of some nice blocking in front of him to pile up more than 100 yards on the ground. Quarterback Mitch Graziano was good for three touchdown passes, two to Bear France and one to Alex Hulame.

After allowing three touchdowns in the first game between the team, South Coast surrendered just one in the win. Kyle Bullock stepped up with a key interception to stop a drive.

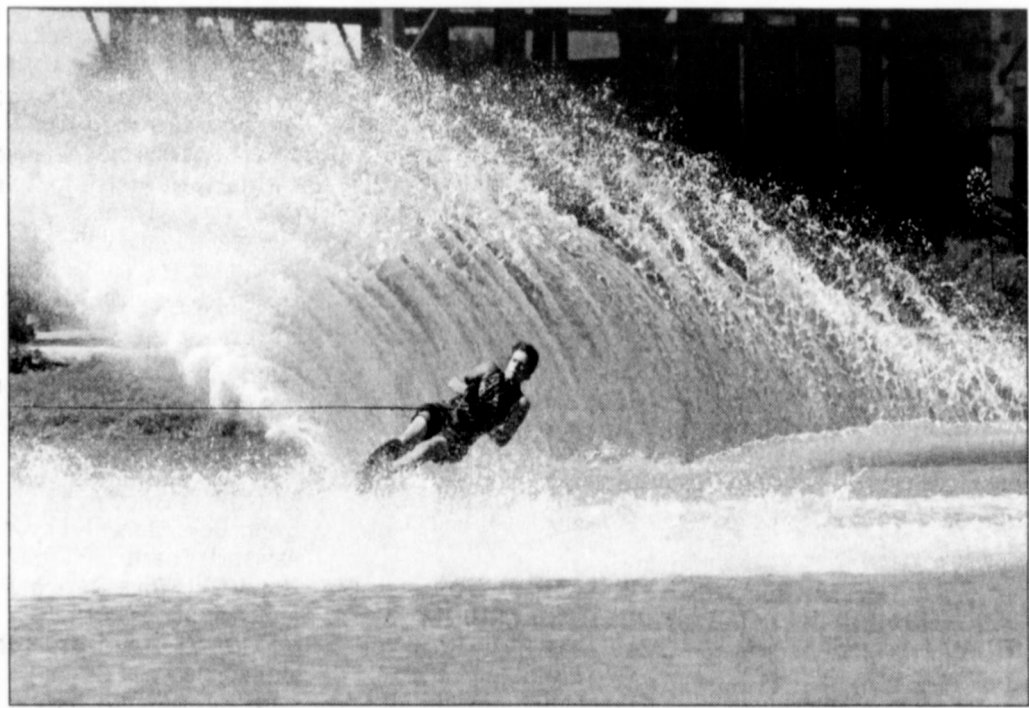
The last three games will be key to where South Coast ends up in the playoff structure. Six of the seven teams in the EFL make the playoffs and the Outlaws hold the fifth spot at the moment, ahead of the Boston Panthers (2-5) and winless Bay State.

The entire league is off this weekend for the Labor Day holiday. South Coast closes out its home schedule at Plymouth North High School on Saturday, Sept. 9, against Bay State. The team finishes on the road against Taunton (Sept. 16) and then the Boston Panthers (Sept. 22).

Email the reporter at dwolcott@wickedlocal.com and follow him on Twitter, @DavidWolcott1.



Mitch Graziano scrambles out of the pocket. [WICKED LOCAL PHOTO/DAVID MORRISON]



Hanover's Collin Frucci skis at the 75th Goode Water Ski National Championships at the San Marcos River ranch in Texas in August. [COURTESY PHOTO]

SKIING

From Page B1

One of the quirks of competitive water skiing is the fact that professionals and amateurs can compete in the same competitions.

"There were pros there," Diana said. "There were two that had a ski-off. Tom Travers and Nate Smith went head to head. Everyone was watching. It was intense. The way they were skiing was very aggressive. It was amazing to see how fast it was. It was funny because ten slots behind me was the No. 1 woman in the U.S. It was humbling."

There is also a bond between athletes.

"It was fun to compete," Diana said. "My husband and I competed collegiately and we saw people who we competed against 20 years ago in college."

Overall, the family had a great time.

"Nationals was a blast," Diana said. "It was hot and there was a lot of really good competition all over the place. They run it very professionally, just like you see it on TV. The timing was lucky. It was in Texas and you know what is happening there now."

Living in New England does have a few drawbacks when it comes to training.

"Coming from the Northeast we have a short water ski season compared to our fellow competitors in the Southern states," Diana said. "In the early part of the year, we ski in bone chilling weather so that we are well conditioned to



Nine-year old Robbie Frucci on the starting dock. [COURTESY PHOTO]

maximize the good weather once it arrives. It is really a great thrill to see it all come together in the middle of summer. To be able to compete in the Nationals knowing that we have a distinct climate disadvantage is rewarding in and of itself."

Of course having the whole family involved is also a big benefit.

"Waterskiing is a great family sport," Diana said. "As parents, we love being

able to compete in our own events on one lake and then run to another lake to watch our kids ski their events."

With Nationals behind them, the family is already looking ahead.

"Now we get to start working on next year," Diana said. "Next weekend we will be traveling to Lake Placid to ski in the 'Pangea Puddle' three-round tournament. Then we can focus on football."

HOCKEY

From Page B1

(15 games) than in her first year (21), can still be considered a player on the rise.

"I came in last year with a lot more confidence, and that definitely helped," said Merrigan, who scored two goals in her first varsity start last Sept. 1 against Worcester State, and her last goal of the year in Babson's NCAA Div. 3 semifinal loss to eventual national champion Messiah College of Mechanicsburg, Pennsylvania. "With that confidence came more goals."

Those goals came in handy because Gilman, already a bit behind after struggling with last year's preseason fitness test, broke a finger before the 2016 opener.

The injury cost her 12 games, and cost Babson a player who scored an impressive eight goals as a freshman.

"I'm really excited about this year," said Gilman,

who didn't make any starts after returning to the lineup, but did score two goals in 12 games — both game-winners, including the only goal in Babson's 1-0 decision over Mount Holyoke College in the NEWMAC semifinals. "I definitely have a very high appreciation for the game, and the level we're at, after last year."

And no, that's not all. Head coach Julie Ryan is extremely high on Hingham High alum Cate Diamond, a sophomore midfielder who made 17 appearances last year, saying Diamond "is likely to be a starter."

I think she'll do a lot of really good things for us." There's also Milton High product Kate Driscoll, a sophomore forward who gained valuable experience last season (20 games), and showed a talent for being ready off the bench.

So what could be missing? "I feel really confident that with the group that's returning, we were able to replace the skill we lost," said Ryan, a Brewster

native who now lives in Milton, where she established a youth program in 2012. "But we certainly did lose some very hard-working leaders."

Having them to run this program for the last couple of years ... was the biggest thing they gave to the program."

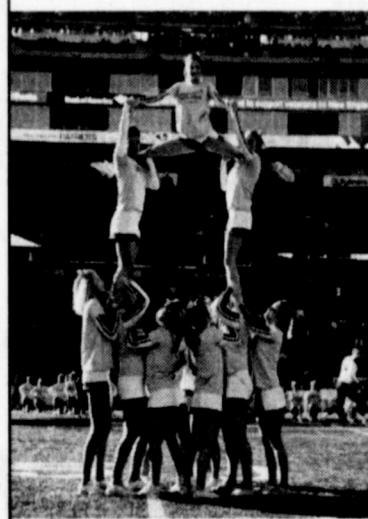
The returnees seem to be carrying over what they've learned. Like last year, the Final 4 isn't a preseason goal: If they achieve their goal to improve each day, each game, they're confident they'll be positioned to challenge for another NEWMAC title and its automatic NCAA bid.

And they continue to embrace Ryan's philosophy, which favors frequent substitutions and combination changes that emphasize Babson's depth, rather than a star system.

"We're not like a lot of teams that have one or two players who are individually unbelievable," Gilman said. "We have players who are very good as individuals, but our best skill is that we come together as a team."

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Diana Frucci skis at the National Championships in Texas last week. [COURTESY PHOTO]

COHASSET FARMERS MARKET

Top 10 reasons to bring your kids

From Michele Hubley,
Cohasset Farmers Market.

In addition to the ambience of community and commitment of the participating vendors, the Cohasset Farmers Market has the wonderful advantage of an historic and peaceful venue on Cohasset Common. Farmers Markets in general are a great place to bring your kids for so many reasons. They allow you to provide your family with wholesome, healthy food while supporting your local community at the same time.

The reality is that family farmers need our support! Now that large agribusiness dominates food production in the U.S., small family farms have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

Health-wise, you are doing your family a great favor! Much of the food found in grocery stores is highly processed and grown using pesticides, hormones, antibiotics, and genetic modification (GMOs). Some of it has been irradiated, waxed, or gassed in transit. These practices may have negative effects on human health. In contrast, most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible by using sustainable techniques, picking produce right before the market, and growing heirloom varieties. (Make sure to ask each farmer about their growing practices. We've found that most



Jean White of Holly Hill Farm with young market goers Bella & Mia Cambi at the Cohasset Farmers Market. [COURTESY PHOTO]

sustainable farmers enjoy talking about their love for the soil and the great lengths they go to produce healthy, pesticide free food!)

1. Develop healthy emotional eating habits: One of the biggest myths about emotional eating is that it's prompted by negative feelings. Yes, people often turn to food when they're stressed out, lonely, sad, anxious, or bored.

But emotional eating can be linked to positive feelings too! It's no accident that McDonald's named their kids deal a "Happy Meal"! They do this to form a lifelong emotional bond between being happy and eating at McD's, and it works! Simply swap out the fast food and replace it with a fun day at the Farmers Market! Do this on a regular basis and your

kids will start to equate healthy real food with those happy family days at the market.

2. Connect kids with "real food": There is a huge disconnect between most Americans and their food. For the most part, we've stopped questioning where our food comes from, how it is raised and if it is good for our health. To a large extent, this is why our supermarkets shelves are lined with so many boxes of processed junk. And most of it is Genetically Modified (GMOs). We are the ones buying it so they keep making it! We can break that cycle with our kids and the Farmers Market provides a great opportunity to further the food connection discussion.

It's much more effective when you practice what you preach. Buying from local sustainable farmers reinforces the message.

3. Talk with real farmers: As you know, kids are naturally curious. This is a good match because farming is really amazing. Think about it: plant seeds in dirt, add water, get vegetables! Of course there's a lot more to it than that. With a little coaching (if necessary) your kids can ask some great questions, such as: Why are you a farmer? What's your favorite things to grow? What's that hardest thing to grow?

The easiest: Do you use chemicals or pesticides? Why, or why not? A cool side-effect of this is that the next time you go to the market your kids will remember the farmers. It's great to make new friends, especially when their doing something as important as growing your food.

4. Let them buy their own food: Depending on your kids age(s), give them a few bucks to buy some of their own food to bring home. This in itself is a great learning experience. Will they think long and hard about what to buy? Or will they buy the first thing they see? Learning to shop wisely and consider all the options is a great skill to have. Let's be honest, if we really want to teach our kids about the value of real food, they should know how to shop for it!

5. Cook the food you bought at home: Getting kids involved in cooking is great. Basic cooking skills open so many choices for them later in life and alleviate them of the need to buy ready-made, highly processed meals. But it's not always easy. Cooking the food you just bought, or the food THEY just bought if you followed the step above, makes this a whole lot easier. It's the next logical step: "We bought these veggies from the nice farmer, now we get to cook them!" Some kids, as we all know, are just picky eaters. The 3 steps above may have a

profound effect on their willingness to even TRY something new, right? Let's go through this- We met the farmer, learned about how they grew this, we bought it, we took it home and now we cooked it. It's just natural to want to taste it!

7. Learn about nutrition: For older kids, the Farmers Market provides an opportunity to learn about nutrition and why real foods are so important to maintain a healthy body. If your kids compete in sports, you can teach them why nutrients will make them better athletes. Even if they don't play sports they can understand that real food is packed with vitamins and minerals that make them stronger, smarter and healthier. Additionally you'll be able to choose non-GMO foods and support non-GMO farmers.

8. Get away from the screens: TV screens, computer screens, iPad screens, phone screens. Yes, I know you are reading this on a screen (unless somebody printed it for you). Screens are awesome but they have their time and place. Food has a huge impact on childhood obesity but at the same time most kids are on their butts too many hours per day.

Do we really have to watch Lion King one more time? The Farmers Market is a great excuse to bust away from the TV, or Xbox or Facebook, Instagram, - whatever, and get some fresh air.

9. Family bonding: A trip to the Farmers Market provides a great way to spend time together as a family. It's easy to enjoy each other's company when you're doing something healthy. With little kids you can play fun games like finding food that's different colors or shapes. With older kids try a scavenger hunt and offer a family prize if the goal is hit.

10. Teach the importance of community: The growing number of farmers markets in the United States gives us hope. They serve not only as a way for people to purchase local food but also as a chance for them to connect with others within their communities. Buying local promotes a sense of pride in your home town.

Farmers markets allow you to teach your kids that they can make a difference by voting with their dollars. When you shop at a large grocery store chain, a fraction of your dollars stay local. Supporting local farmers keeps the money in your community where it can be reinvested for the good of the town.

For more information on making Farmers Markets part of your family culture, please visit: eatlocalgrown.com/article/11478-top-10-reasons-to-bring-your-kids-to-the-farmers-market.html

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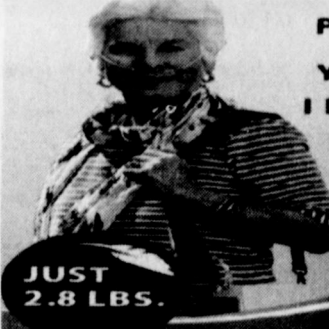
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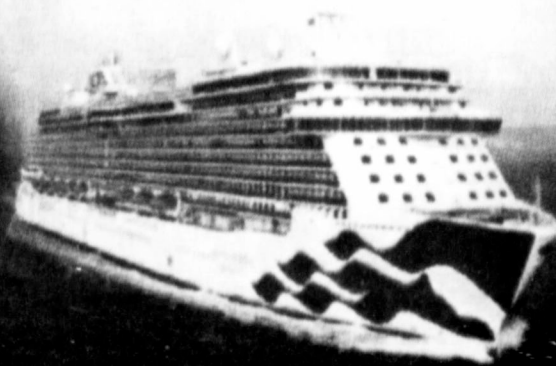
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ENVIRONMENT

CSCR and Sierra Club join forces

SAVE THE DATE: Sept. 26 Lecture by Sierra Club Chapter Director, Emily Norton
Submitted by Jack Buckley of CSCR.



CSCR invites the public to a talk on Sept. 26 at 7 p.m. by Emily Norton, Sierra Club Chapter Director.
[COURTESY PHOTO]

Many of you may not know it, but Center for Student Coastal Research is a year-round program. CSCR doesn't let "back to school" talk interfere with the educational opportunities it offers to area students and adults all year long. One way in which we make that happen is through our lecture series, coordinated by board member, Dr. Carsten Haber.

We're pleased to invite you to join us on Sept. 26 at 7 p.m. for a talk by Emily Norton, Sierra Club Chapter Director. Emily will deliver remarks titled "Why we need to come clean" and guide the audience through the Sierra Club's passionate play-book for getting everyone involved in environmental activism.

The Sierra Club is the oldest and largest environmental advocacy group in the country, and CSCR is very pleased to facilitate a community discussion with Emily Norton, the Sierra Club's Massachusetts Chapter Director. At the Sierra Club, Emily directs a team of seven who work with dozens of volunteers across Massachusetts to advocate for laws and regulations to protect our air, water and lands.

One day she is in a suit testifying at a hearing at the State House, the next she is wearing a zombie costume leading a rally against natural gas pipelines outside South Station. Her motto is

"whatever it takes" to achieve the goals of climate justice. Under her leadership the Mass. chapter has increased membership 24%. Emily is frequently sought out by news organizations for comment on pressing issues of the day such as public health concerns about fracked natural gas.

Emily will share with us the work that the Massachusetts Sierra Club is prioritizing in 2017-2018, highlighting the issues that are being threatened under the present Administration. In addition, she will discuss the importance of getting everyone involved in participating equally in every facet of daily life and in family, community, and national decision-making. Calling on personal experience, Emily will tell us about power of training and discuss the importance of grassroots campaigning, activism and advocacy.

CSCR's lecture series is but one of the many ways that we keep "STEM-ivics" education alive all year long. STEM-ivics is CSCR's unique approach to STEM education: the blending of Science, Technology, Engineering, and Math with civic education and presenting opportunities



Gulf River project leader Ben Wetherill teamed up with students Kyra and Annabel DeGroat to tackle the complex task of data analysis. Mike Legge, Will Seavey, Kyra and Annabel dove deep into data management and analysis tasks on Wednesday, August 23. The Gulf River team looks forward to finalizing their findings soon and sharing them with the community. [COURTESY PHOTO]

and challenges to students to exercise their civic responsibilities as engaged and thoughtful citizen-stewards.

Throughout the year, CSCR will be facilitating student involvement in professional conferences, connecting students to research scientists at area research facilities, and engaging students in special event workshops and lectures. If the students in your life aren't already plugged in to CSCR, email Susan Bryant (susangbryant@yahoo.com) or Jack Buckley (jbuckley@cscr.org) to learn how to make

that happen.

Clark Auger (r) had a tremendous tutorial experience with Dr. Christopher Sullivan on Thursday, August 25, at CSCR's 4th and final microbiology workshop. With Dr. Sullivan's guidance, Clark identified cultured bacteria grown during workshop 3, and learned techniques (using inoculation loops) for moving colonies of bacteria into quality control test tubes and trays for confirmation of species.

[COURTESY PHOTO]



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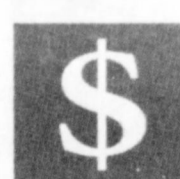
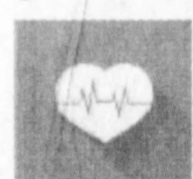
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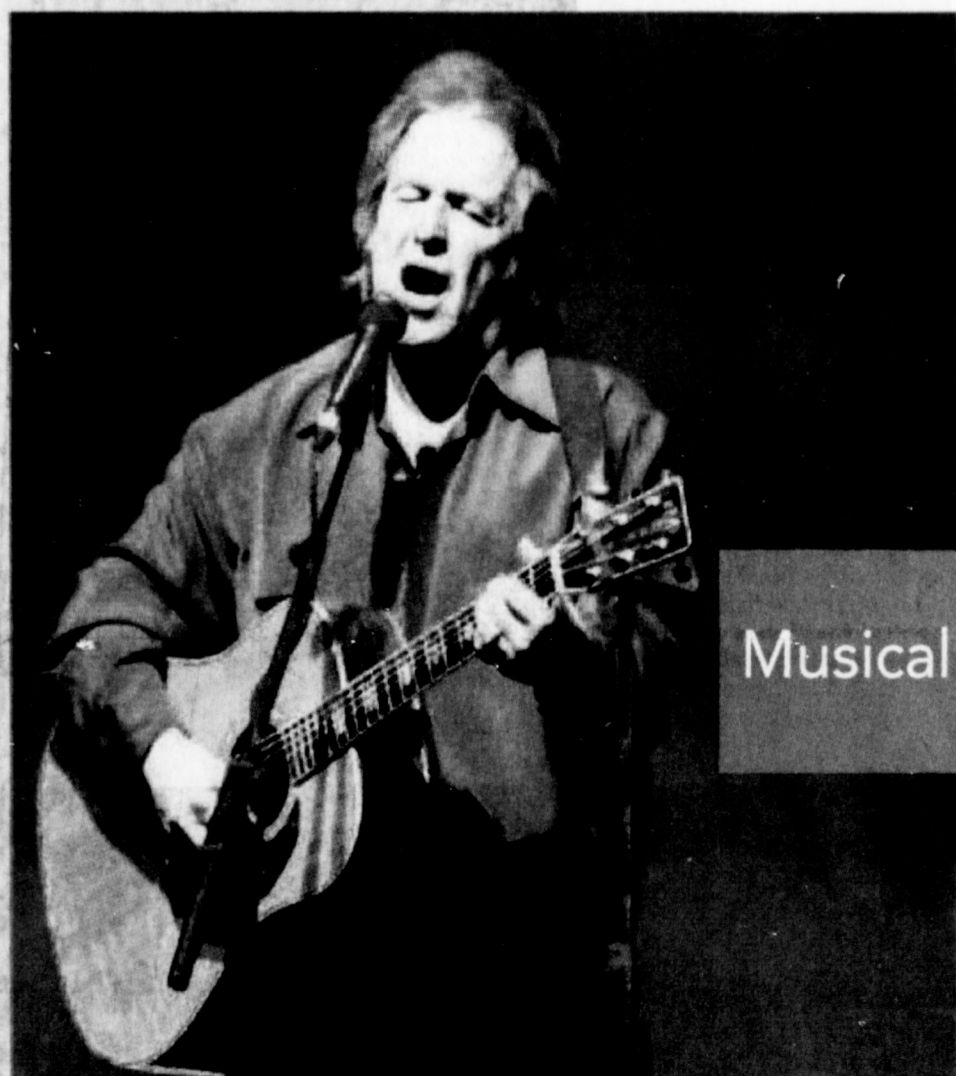
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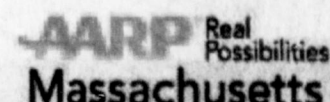
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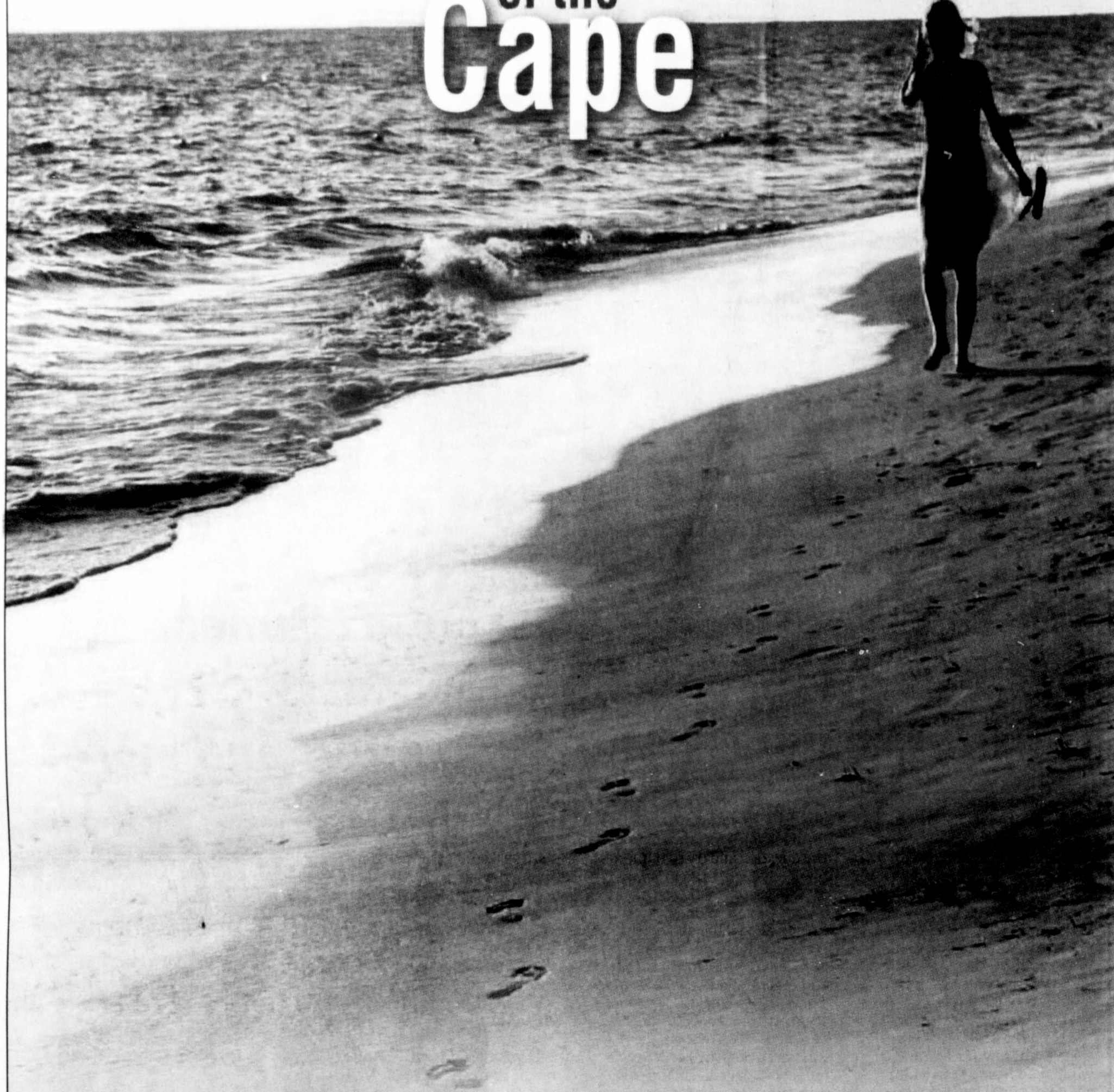
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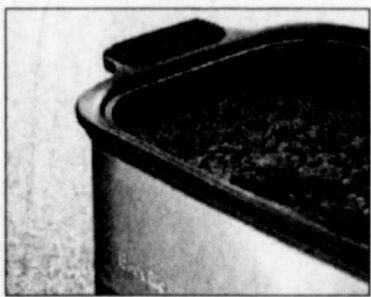
Easy meal preparation

Summer is full of big meal events, but that doesn't mean it has to be full of long preparation times. Follow these tips from www.connectedwomen.co to make your meal prep a breeze.

- Buying meat in bulk makes it easy to save money and allows you to weigh, package and season in one sitting so you're ready for every meal afterward.

- Make use of tools like blenders and vegetable choppers to make your prep easier. If you have a job, chances are there's a tool that can help.

- Use a slow cooker to help you prep for meals while you sleep. Add all your ingredients the night before and by the time the big event arrives you'll be ready.



WIKIMEDIA COMMONS

COOKING

The benefits of cooking sous vide style

Sous vide cooking refers to the method of cooking food in a temperature-controlled water bath, often in vacuum-sealed bags. Ideal for a range of dishes, from meat to fish to vegetables, this method has several benefits over traditional cooking methods. A few such benefits, according to Serious Eats:

- All guesswork is gone when it comes to sous vide cooking; you'll get consistent results without needing to use a thermometer, and never again will you need to cut open the meat while cooking to see if it's done.

- Not unlike a slow cooker, a sous vide allows you to conveniently cook on your own schedule, heating your food until you're ready to finish cooking and serve.

- By cooking meat at the lower, more stable temperatures of a sous vide, you'll get tender, juicy cuts of meat cooked perfectly edge to edge.

EASY RECIPE

Indulgent chocolate chip cookies with less sugar

- Makes 2 dozen cookies
- ½ cup butter, melted
- 1 egg
- 1 teaspoon vanilla extract
- ¼ cup Sugar In The Raw + ½ cup Stevia In The Raw Bakers Bag
- 1 ¼ cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup macadamia nuts
- 1 cup chocolate chips

Preheat oven to 375 F. In a large bowl, beat together the melted butter, egg, vanilla extract and the Sugar In The Raw/Stevia In The Raw Bakers Bag combo. Meanwhile, mix dry ingredients (flour, baking soda, salt) in a separate bowl. Add dry ingredients to wet ingredients and stir well to combine. Slowly add nuts and chocolate chips until well combined. Drop the dough in spoonfuls onto ungreased baking sheets. Bake for 10 minutes.

— Brandpoint

FLASH IN THE PAN

Don't fear *the* zucchini

By Ari LeVaux
More Content Now

We can just cut straight to the point, because there isn't much time.

We are surrounded.

Behind the usual pleasantries, your neighbors are probing you for weakness, trying to decide who among you or your spouse would be most likely to break, and accept a bag-load. Gangs of farmhands will soon be roaming the streets, leaving zucchinis on porches and in unlocked vehicles.

One way or another, you have or will have zucchinis on your hands. And that's why I'm here.

There is your pep talk; the ideas are out there. Oh, are they ever.

Goes in everything

Anyone with access to a web browser can search for "zucchini _____". Fill in the blank with whatever you have on hand, or whatever you can imagine.

And if you draw a blank, reverse the question and try to name a food, any food, that cannot be made with zucchini. You can't.

Bread, soup, salad, pasta (as in, shredded into noodles) or steak (fried, grilled, broiled or breaded). Parmesan, ratatouille and other Italian ways, as well as Thai style (in curry), Vietnamese style (with cold noodles), Chinese style (with oyster sauce), Russian style (fried) or Ari style (chocolate zucchini mayo cake).

In fact, since it is my style, why not start with that **Chocolate Zucchini Mayo Cake**? It is so simple.

Step 1: Prepare chocolate mayo cake batter*

Step 2: Mix grated zucchini into the batter before baking it

Step 3: Proceed

*I got my chocolate mayo cake recipe from the jar of Hellmann's mayo that we always had in the fridge growing up (this was one of several recipes that rotated through the labels on such jars). But the essence of mayo cake is you substitute mayo for the eggs and oil in virtually any cake, including from a mix.

The shreds of zucchini melt into the batter, where they act as the secret glue behind the moist glitter. They don't interfere with the

baking process, and they add moisture, fiber and density to the finished product, even while hiding in the background. Consider peeling the larger individuals, as squash skins will toughen as they age.

Main course

In summer, my quick and tasty go-to recipe is one that works with the honker monsters of summer, with no need to peel them. It works equally well in a pan, under the broiler or on the grill.

Slice a large zucchini thickly, up to an inch, and lay the slices on a tray. If there is room, add thick slices of onion as well. Sprinkle zucchini lightly with salt on both sides, and then pour on some olive oil (about 1/4 cup for a decent-sized one), white balsamic vinegar (1 tablespoon), red balsamic (1 teaspoon) and soy sauce (1 tablespoon), and many hard shakes of garlic powder.

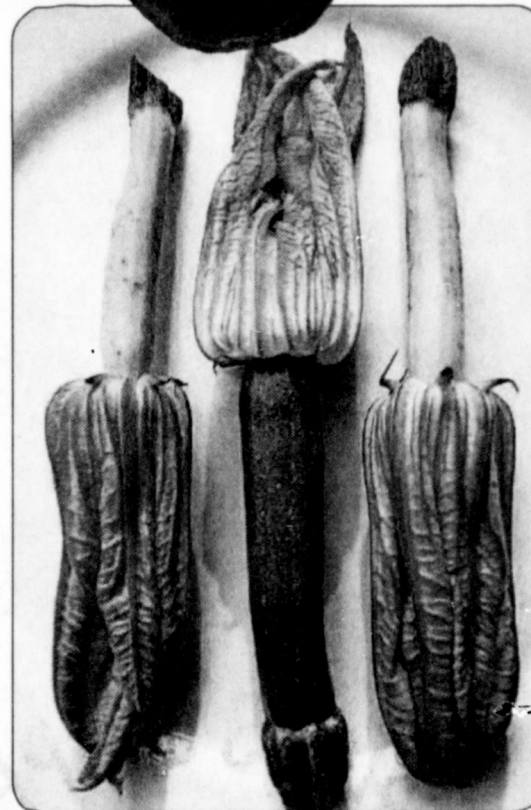
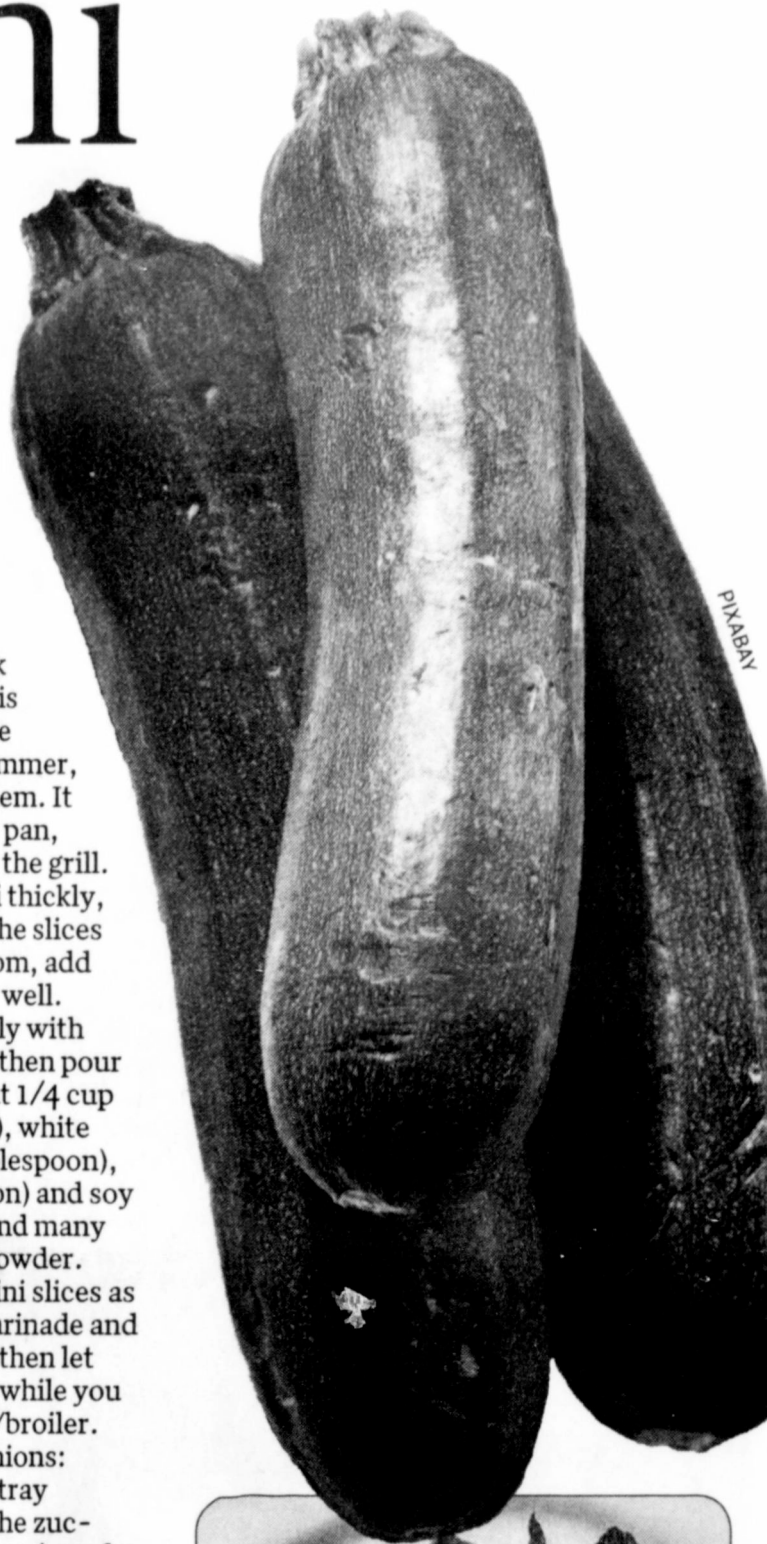
Turn over the zucchini slices as a way of mixing the marinade and coating the slices, and then let them sit for a moment while you heat up your grill/pan/broiler. Don't mess with the onions: Just leave them on the tray while you flip around the zucchini, and transfer them gingerly to the heat when it's ready.

Lay the zucchini and onions on the heat, and cook them until soft. In a pan they need no extra oil. On the grill, where they can be placed among the hamburgers, beware of flare-ups.

At the other end of the size spectrum, if you are so lucky to acquire some, are the baby zucchini, finger-sized individuals that still have beautiful, edible flowers attached. They would do fine in the above marinade, as would any size of summer squash, but because they are so delicate they'd be more effectively enjoyed by a slow, gentle frying in butter, intact with the flowers on.

Turn when brown, and add minced garlic before the final minutes of cooking. Or, if you want to batter-coat and deep-fry them, I most definitely won't stop you.

Squash is incredibly versatile, which is great because it's everywhere



Finger-sized zucchini with edible flowers still attached. (ARI LEVAUX)

Foil-wrapped bundles perfect for lunch



Prudence Hilburn

Whether you are a new bride, a college student, a mom who works away from home or just a busy parent who is looking for easy ways to make lunches for the family, I think you will appreciate some recipes that my niece Marcella shared with me this week.

Marcella and I have spent many hours in the kitchen experimenting with recipe ideas. After her husband, Roger, retired, he started cooking, and I know they are

really enjoying this special time together. I can just imagine their creative minds working on all kinds of "bundle lunches."

Both Marcella and I love to look through old recipe boxes, and she was excited when I told her that I have four recipe boxes that she hasn't seen and they are packed full of old recipes. She and Roger are coming for a visit in a few weeks, so we probably will be burning the midnight oil hoping to find interesting recipes to test and to share in the column.

The following recipe for steak bundles sound like a "man's favorite." You seldom see a man turn down steak and potatoes. The onions and bell peppers add even another layer of flavor.

When asked about the origin of this recipe, Marcella said she thought she had heard about foil-wrapped bundles on Facebook. But as usual, she likes to add her own touch.

Garlic steak with potatoes, onion, and bell pepper

- 2 to 2 ½ lbs. top sirloin steak, fat trimmed and cut in 2 ½ inch pieces
- 1 lb. baby yellow potatoes, washed, quartered or cut in half (Yukon gold would be my choice)
- 1 small onion, sliced
- 1 bell pepper, cut in strips
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 teaspoon dried parsley

- 1 teaspoon dried thyme
- Salt and black pepper
- 4 (12 x 12 inch) sheets aluminum foil

Spray the sheets of foil with cooking spray. Combine all ingredients in a large bowl. Stir to mix well. Divide into four servings and put each serving on a sheet of foil. Seal tightly. Place on grill or in a 425-degree oven and cook 20 to 25 minutes until potatoes are tender.

Prudence Hilburn of Piedmont, Alabama, has won more than 30 national cooking awards and written several cookbooks, including, "Simply Southern and More." Write her at prudencehilburn@aol.com or visit www.prudencehilburn.com.

MDA FUNDRAISER

Food, fun, and music all for a good cause

By Carol Britton Meyer
cmeyer@wickedlocal.com

Labor Day marks the 41st annual Tolman M.D.A. (Muscular Dystrophy Association) "telethon" fundraising party -- great food, family fun, and entertainment, all for a good cause.

The gathering attracts many South Shore residents as well as others who travel long distances to attend every year.

"The big change is that we are just hosting the event on Labor Day rather than the whole weekend," said founder Jay Tolman of Cohasset. "Our party was created around the 21-hour Labor Day Jerry Lewis Telethon. Since that is no longer happening, we decided to pack all the fun and excitement into one day!"

The fundraiser will take place on Labor Day from 10 a.m. to 5 p.m., at Congregation Sha'aray Shalom, 1112 Main St., Hingham. The purpose is to raise funds to help win the fight against muscular dystrophy.

"With the recent passing of Jerry Lewis, we will be paying a special tribute to the man who put the Muscular Dystrophy Association on the map and gave me my inspiration for our MDA Tolman Telethon event to support the MDA's vision," Tolman said. "The Jerry Lewis Labor Day Telethon raised over two billion dollars for MDA!"

The event will also feature raffles, a silent auction, awards, T-shirts, prizes, a huge cookout, live music (Back in Session, Positive Emotion, The Vanilla Burritos, and more!), dancing, food, games, pony rides, bouncy houses, face painting, balloon art, and a fire



Friends Ellen Quirk, Margaret Curtis and Casey Quirk get together for a fun photo in the HippiePix mobile photo booth during last year's Tolman MDA Telethon Party. (WICKED LOCAL PHOTO)

truck. The Hingham Fire Department will also be on hand to support the event and to organize a "Fill the Boot" fundraiser.

This campaign began in 1950 after Hingham resident Charles J. Crowley -- who lost two sons to muscular dystrophy -- took the idea of a door-to-door fundraising campaign to his friend, then-Chelsea Fire Chief George Granney.

In 1954 the International Association of Firefighters committed by proclamation to support the MDA until a cure was found. The association has raised more than \$530 million for the cause so far.

Long history

Tolman grew up in Hingham and now lives in neighboring Cohasset with his family. In-between, he, his wife, Jodi, and their three children -- Jack, Chloe, and Charlie -- returned from Hollywood, Calif. for many years to organize the Hingham event and later would caravan up from Princeton, N.J. to host the party in Hingham.

"Traveling from Cohasset is a much less-stressful journey," Tolman said with a smile. "I grew up in Hingham and the event has its roots there, so that's where we will always hold it."

The party provides an opportunity to have a good time and to drop a donation into the famous fishbowl. This year's goal is \$10,000.

The annual Tolman MDA Telethon event started out in the 1960s in the backyard of Jay Tolman's mother's (Izzy) house on Pleasant Street in Hingham, under a tent -- a 21-hour party that coincided with the national Jerry Lewis telethon to help raise money to fight muscular dystrophy.

Interestingly, in the 1960s and '70s the MDA provided carnival kits featuring tickets, games, booths, and shows to individuals and groups interested in raising

money for the cause.

So far in its history the Tolman event has contributed more than \$600,000 to the MDA after raising \$50 during the first one so long ago.

Volunteers

The Hingham MDA party has become a family and community gathering, moving from the back yard tent to the Hingham Community Center in 1988, to Congregation Sha'aray Shalom on Main Street in Hingham in 2011. Volunteers play a major role in making the fundraiser a success every year.

"It's hard to believe we're

beginning our 5th decade of the 'telethon' party," Tolman said. "We have so many wonderful memories and so many caring people have gotten involved, which keeps the tradition going."

This year's proceeds will be donated to the MDA in memory of Izzy Tolman, Richard Berberian Jr. and Sr., Gervaise Haley, Brian White, Mary Cronin, Steven Mickevich, John Fasci, Jr. and Mattie Stepanek, who were all involved in the fight against muscular dystrophy.

The M.D.A. provides health care, summer camp, support services, advocacy, and education.

MDA Board Chairman R. Rodney Howell said in part in a statement that the MDA is "deeply saddened by the death of beloved comedian, performer, humanitarian, and former MDA telethon star and national chairman Jerry Lewis. MDA would not be the organization it is today were it not for Jerry's tireless efforts on behalf of 'his kids.' His enthusiasm for finding cures for neuromuscular disease was matched only by his unyielding commitment to see the fight through to the end. Jerry's efforts on the annual MDA Telethon transformed the broadcast into an American tradition each Labor Day weekend for 45 years."

For more information about the Hingham fundraiser, to donate goods or services for the raffle and silent auction, or to make a donation, contact Jay Tolman at tagtolner@gmail.com, call (781) 923-1618, or visit tolman-telethon.com.

You can follow Carol Britton Meyer on Twitter at CMeyerJournal.

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COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire Log, which is public record and available for review.

Monday, Aug. 21

12:29 a.m.: A caller reported a group of people behind the Cohasset Harbor Inn on Elm Street being loud. The caller had attempted to contact the front desk but go no answer. Police spoke to the parties, and management was advised.

1:52 a.m.: An open rear window was reported on South Main Street. Police secured the window.

10:53 a.m.: A caller reported a male party in his 50s wearing a vest and backpack and sitting on the front steps of Sotheby's Realty on South Main Street. The caller stated the party had not spoken to them and left his backpack on the step for a few minutes and then came back.

12:39 p.m.: A caller reported that part of an outside art exhibit at South Shore Art Center on Ripley Road had been stolen. The caller stated it was heavy and had possibly happened over the weekend.

1:51 p.m.: A caller reported his vehicle on Jerusalem Road had been struck by another vehicle, which went up Jerusalem Road. The caller stated his vehicle was parked and he witnessed a female operator strike the vehicle and drive off. Hingham police were notified.

5:48 p.m.: A caller reported a male party on a skateboard in the middle of the road near Shaw's Supermarket on Chief Justice Cushing Highway headed toward Scituate. Police were unable to locate the party.

6:38 p.m.: An officer responded to the Border Street Bridge on Border Street to remove a large group from the bridge.

7:33 p.m.: A caller reported suspicious activity on South Main Street involving a tan minivan that had since left the area. Police reported the property was secure and had a "For Sale" sign outside.

7:56 p.m.: A Bernese mountain dog was reported lost on Jerusalem Road. The dog was located in a vehicle.

8:09 p.m.: A suspicious vehicle was reported on South Main Street. The vehicle, a Ford pickup, took a right out of a driveway toward Scituate. The vehicle was gone on police arrival.

9:17 p.m.: A caller reported his son on Pleasant Street was making suicidal statements and might be using drugs. An officer responded and reported the party fled to the back yard. Police checked and secured the house. Police K-9 units searched the woods near the residence. The party was located and was transported to South Shore Hospital.

10:03 p.m.: A caller reported youths jumping off the Border Street Bridge. An officer reported no one was on the bridge upon arrival.

Tuesday, Aug. 22

2:44 a.m.: A caller reported an elderly female party walking in the middle of the road. The party was transported to St. Anthony's Church.

3:03 a.m.: A commercial alarm was reported at Cohasset Golf Club on

Cedar Street. The alarm was confirmed accidental by an employee.

7:33 a.m.: A caller reported that he set off a bug bomb at a residence on Beach Street and the fire alarms were sounding. The home was evacuated, and no smoke or fire was reported. Fire personnel reset the system.

9:45 a.m.: A walk-in reported past vandalism.

11:46 a.m.: A caller reported that he forgot a box of business cards on top of his car and the cards flew all over the road near Cohasset Mobil Mart on King Street. He was requesting help for safety while he picked them up from the road.

2:03 p.m.: A caller reported a cormorant bird possibly hurt in his front yard on Border Street. The bird was transported to Mass Wildlife.

5:07 p.m.: A group was removed from the Border Street Bridge.

7:05 p.m.: An erratic operator in a black Honda was reported all over both sides of the road on Fair Oaks Lane at Sohler Street. Police located the vehicle in a driveway.

7:42 p.m.: A caller reported a man and woman screaming on Holly Lane. The caller stated it was garbled screaming and they couldn't make out what the parties were saying. Police spoke to a resident who stated he was in the yard and they were being loud but were not arguing and there was a family party going on.

8:33 p.m.: A caller reported two male parties yelling and walking in the street near Beechwood Ballfield on Beechwood Street, possibly drunk. Police reported nothing showing in the area.

9:34 p.m.: A suspicious male was reported at Bestick Pool on Chief Justice Cushing Highway. The party identified himself as an employee.

10:10 p.m.: A caller reported a deceased animal in the roadway on King Street at Sanctuary Pond Road, possibly a cat. An officer reported a deceased raccoon. A message was left for the state.

11:26 p.m.: A suspicious motor vehicle was reported in the parking lot at Cohasset Mobil Mart on King Street. The party checked out; an Uber driver was resting for a few minutes.

Wednesday, Aug. 23

10:45 a.m.: A general burglar alarm was reported at a residence on Lily Pond Lane. An officer reported an open rear door and checked the interior.

10:48 a.m.: A caller reported a deceased tiger cat in the roadway on Beechwood Street. Police scanned for a microchip with negative results.

11:55 a.m.: A possible cable wire was reportedly hit by a truck on Beechwood Street. Police reported wires were in a driveway on private property. Both residents were spoken to with no issues.

12:58 p.m.: A caller reported a truck at the intersection of King Street at Pond Street with its hazards on. Police checked the area and reported nothing showing.

2:05 p.m.: A walk-in reported a minor motor vehicle accident on Border Street. The party was

informed that his parked vehicle was hit by a passing backhoe and the operator most likely did not realize he had knocked off the vehicle's mirror.

3:22 p.m.: A caller reported finding a chocolate Lab walking around Pleasant Lane. The owner was located.

10:14 p.m.: A caller reported the operator of a silver pickup with construction equipment in back yelling at people on Sohler Street. Police checked the area and found nothing.

Thursday, Aug. 24

10:03 a.m.: A caller reported his bike was stolen from the MBTA station on Chief Justice Cushing Highway on Wednesday. He had gone back to retrieve it and it was gone.

1:21 p.m.: A group was removed from the Border Street Bridge.

3:13 p.m.: A caller on Chittenden Lane reported that she believed a babysitter she hired for her grandson the night before stole \$200 from her.

5:26 p.m.: A group was removed from the Border Street Bridge.

9:45 p.m.: A caller reported an ongoing problem with motorcycles traveling at a high rate of speed on Border Street. Scituate police were notified.

11:42 p.m.: An open back door was reported at Cohasset Junior/Senior High School on Pond Street. Police reported workers on scene.

Friday, Aug. 25

1:13 p.m.: Five youths were removed from the Border Street Bridge.

2:10 p.m.: A walk-in reported a suspicious package that had been delivered on Pleasant Street.

4:52 p.m.: A commercial alarm was reported at Good Sport on King Street. Police reported the property appeared secure.

6:06 p.m.: A caller reported a tall skinny male party near South Shore Music Circus on Sohler Street with an orange backpack pacing back and forth for a few hours. The party stated he was looking for an extra ticket and left the property.

8:03 p.m.: A caller reported two cars passing on the double like near Blue Mussel Tavern on King Street. Police checked the area to the Scituate line and reported no erratic operation.

9:46 p.m.: A loading dock door alarm was reported at Extra Space Storage on King Street. Police reported the party checked out; he has a storage unit and had propped open an emergency exit door, which set off the alarm.

10:44 p.m.: A caller reported cones in the road on Ripley Street. Police reported the cones were in the grass and there was no hazard.

Saturday, Aug. 26

12:32 p.m.: A caller reported a golden Lab running loose in Wompatuck State Park on Doane Street with no tags. An officer reported no one around. The reporting party was advised to take the dog to a shelter to have it scanned for a chip.

1:41 p.m.: A large group was removed from the Border

Street Bridge.

2:15 p.m.: A minor motor vehicle crash was reported on Parker Avenue. No injuries were reported.

3:40 p.m.: A residential alarm was reported on Beach Street. An officer reported an open door. The alarm company called back and reported they were given the proper passcode.

5:16 p.m.: A caller reported vehicles speeding on Elm Street.

6:35 p.m.: A caller reported an unwanted male party in her neighborhood on Mill Lane sitting in a small gold four-door Toyota. The caller stated her daughter was in the car with the male party. The daughter walked back to the house, and the operator drove off. An officer spoke to the reporting party, who stated she did not want her daughter's boyfriend to come back.

8:56 p.m.: A caller reported fireworks going off in the area of Lothrop Lane.

Sunday, Aug. 27

12:06 a.m.: A caller reported a group on a back balcony at Cohasset Harbor Inn on Elm Street being very loud. The caller had attempted to call the

hotel with no answer. Police reported a group on one of the balconies was asked to take it in for the night. The manager was made aware of the complaint.

1:16 a.m.: An open vehicle door was reported on Reservoir Road. Police reported everything appeared in order and secured the vehicle.

11:20 a.m.: A caller reported sewer alarms sounding and was concerned it was backing up into her house on Jerusalem Road. A message was left for the Sewer Department.

3:13 p.m.: A group was removed from the Border Street Bridge.

6:18 p.m.: A suspicious vehicle was reported on South Main Street with five male teenagers standing in front of it. The parties were sent on their way.

7 p.m.: Motor vehicles were reported speeding in the area of the Beechwood Ballfield on Beechwood Street.

10:39 p.m.: A second-floor fire alarm was reported at a residence on Black Horse Lane. A party at the residence reported no issues but stated they did not have the proper passcode. The alarm malfunction was put in order.

Legal Notices

ZBA/811 AND 819 JERUSALEM RD.
LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF APPEALS

A public hearing will be held at the Town Hall on Tuesday, September 12, 2017 at 8:15PM to hear and act upon an application for a SPECIAL PERMIT pursuant to §8.7.2 and §9.7 and any further relief as the Board deems appropriate. The applicant, Attorney Richard A. Henderson, on behalf of his client, the South Shore Hellenic Church, Inc., seeks to construct a two story addition on an existing foundation at 811 and 819 Jerusalem Road, Cohasset MA. According to the application on file in the Town Clerk's Office. File #17.08.14.

AD#13601233
Cohasset Mariner 8/25, 9/1/17

ZBA/73 WHITEHEAD RD.

LEGAL NOTICE
TOWN OF COHASSET
ZONING BOARD OF APPEALS

A public hearing will be held at the Town Hall on Tuesday, September 12, 2017 at 8:00PM to hear and act upon an application for a SPECIAL PERMIT pursuant to §9.7.5 and §4 and any further relief as the Board deems appropriate. The applicant, Cavanaro Consulting, on behalf of their client, Roger Wade, seeks to construct a residential dock at 73 Whitehead Road, Cohasset MA. According to the application on file in the Town Clerk's Office. File #17.08.07.

AD#13601247
Cohasset Mariner 8/25, 9/1/17

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Hannah K. Gunville

BRIDGEWATER – Hannah K. Gunville, age 22, suddenly on August 21, 2017.

Daughter of Linda M. (Thetonia) Gunville of Bridgewater and the late Robert M. Gunville. Sister of Travis and Brigid Gunville, both of Bridgewater. Granddaughter of Nancy Thetonia of Bridgewater and the late Robert and Kathleen Gunville of Cohasset. Niece of Lori Thetonia of Bridgewater, Lisa Gunville Gargiulo of Hull, and Daniel Gunville of Hull. Cousin of Steven, Kerri, Michael, and Katelyn.

Hannah was a graduate of Bridgewater-Raynham High School. She enjoyed soccer and softball. Hannah worked for several years at the Appliance Parts Center in Raynham.



Hannah K. Gunville

Family and friends are invited to celebrate Hannah's life on Friday, August 25, 2017 from 9-10 a.m. in McNamara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church), Cohasset, followed by a 10 a.m. Mass of Christian Burial in St. Anthony Church.

For an online guestbook, please visit www.mcnamara-sparrell.com

McNamara-Sparrell
FUNERAL HOME
Cohasset-Norwell
781-383-0200

Peter F. Conway

COHASSET – Peter Francis Conway, age 75, of Cohasset, passed away peacefully at home surrounded by family on August 22, 2017 after complications of Parkinson's Disease.

Loving husband of Joyce E. (Miltner). Beloved father of Gary Ormiston and wife Stephanie of Wakefield, RI, David Ormiston of Hartland, VT, Brian Ormiston and wife Catherine of Portland, OR, Todd Conway and wife Natalie of Williamsburg, VA, and Shelli Ferguson and husband Rob of Falls Church, VA. Grandfather of Cameron, Mackenzie, Cate, Ema, Julia and Vivian Ormiston and Michael, Peter and Kayleigh Conway, and Jackson Ferguson. Brother of the late Jack Conway and Gloria Fotopolus. Also survived by many nieces and nephews.

Mr. Conway attended St. Joseph's Seminary in Callicoon, NY. He worked for many years as a licensed optician and sales manager in the optical industry. He served in the US Army in the Aleutian Islands and Japan. Peter was a past member of the Cohasset Golf Club and Cohasset Sailing Club. The family wishes to thank



Peter F. Conway

all of the Norwell VNA and Hospice nurses and health care staff as well as the family's care providers who cared

for Peter so compassionately.

Friends and family are invited to celebrate Peter on Friday, Sept. 1, 2017 from 9-10 a.m. in McNamara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church) followed by a Mass of Christian Burial at 10 a.m. in St. Anthony Church. Interment private.

In lieu of flowers, donations to honor Peter may be made to the Norwell VNA & Hospice, 120 Longwater Drive, Norwell, MA 02061 or to the American Parkinson's Disease Assoc., 72 E. Concord St. Ste. C3, Boston, MA 02118.

For an online guestbook, please visit www.mcnamara-sparrell.com

McNamara-Sparrell
FUNERAL HOME
Cohasset-Norwell
781-383-0200

How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

Looking to Get Fit This Year?



Find a personal trainer.

Check out the Service Directory in Community Classifieds today. From therapists and trainers to landscapers and painters, the service directory is the best service to find local professionals.

communityclassifieds

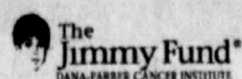
To place an ad call 1-800-624-SELL

GET ON THE RIGHT COURSE TO FIGHT CANCER



RATHER BE GOLFING?

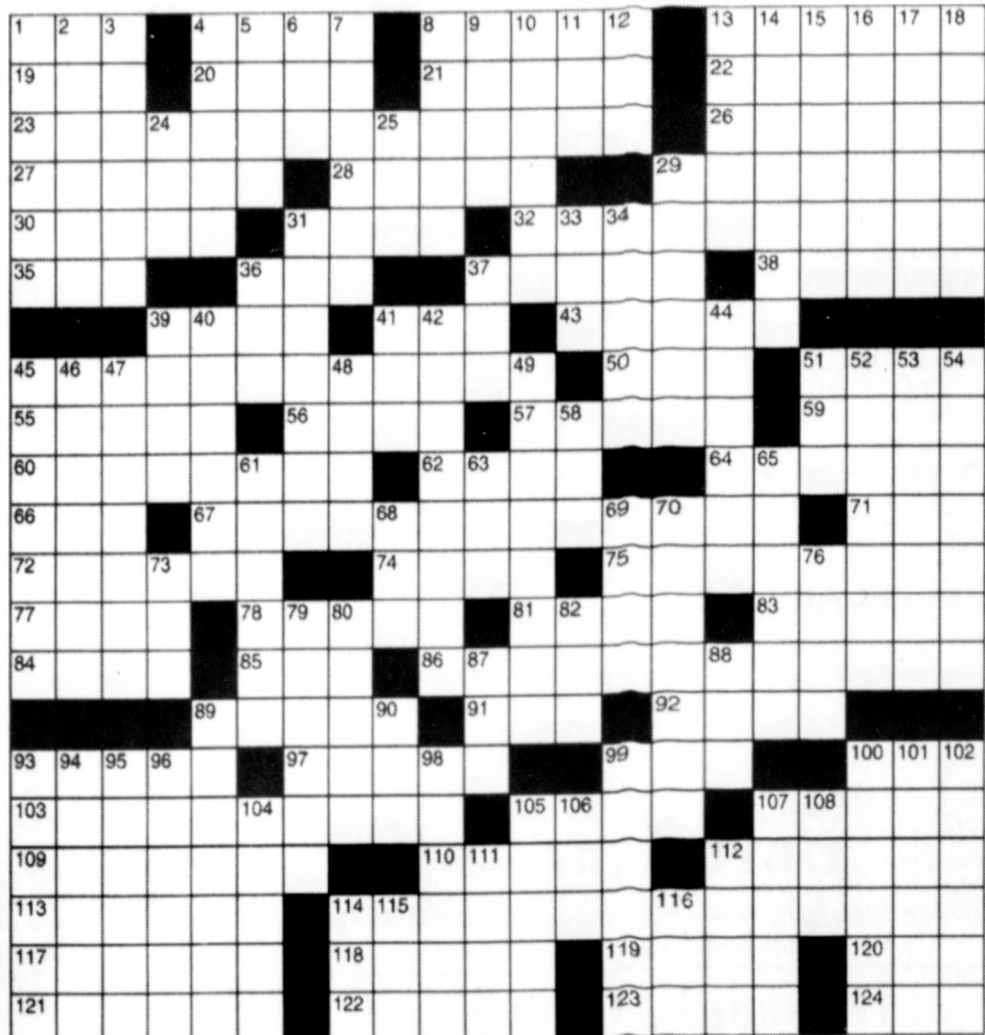
SUPPORT THE JIMMY FUND THROUGH GOLF



JimmyFundGolf.org 866-521-GOLF

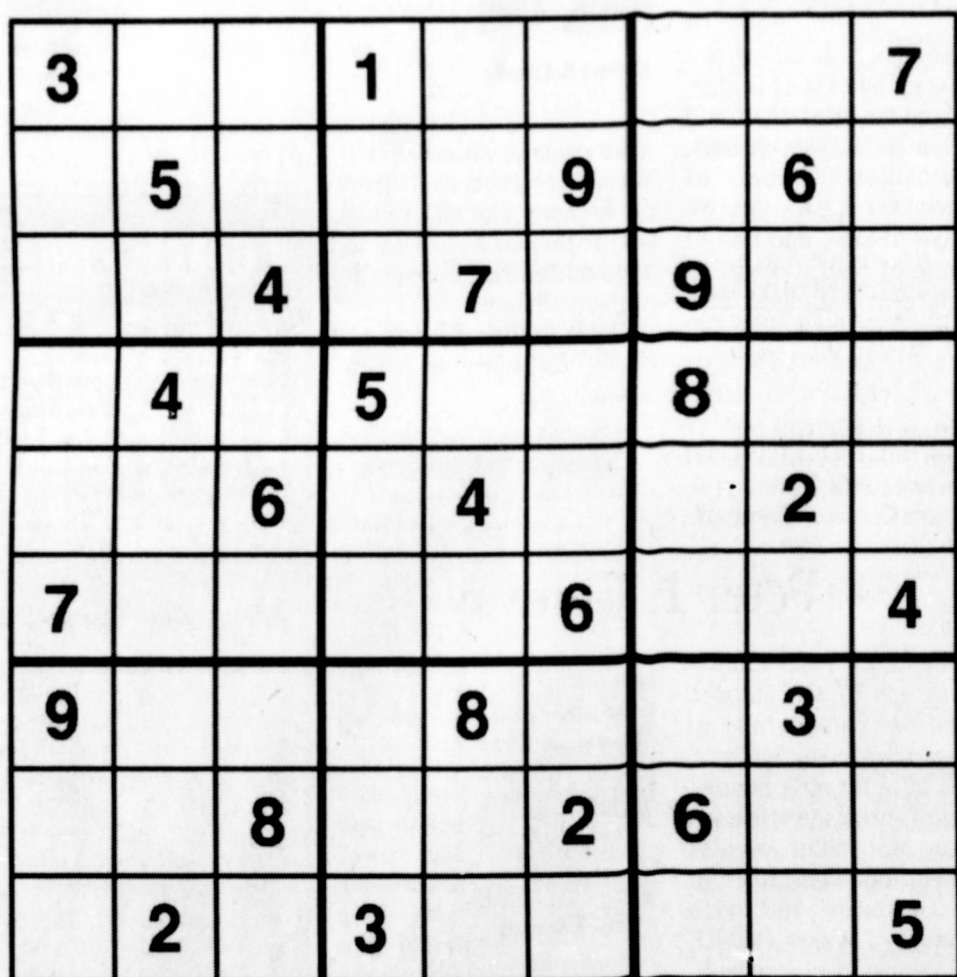
PUZZLES

Crossword • CHOW TIME



- ACROSS
- 1 Last letter, to Brits
- 4 Peeve
- 8 Family car
- 13 Scenic views, as of sea or land
- 19 Schooner fill
- 20 State boldly
- 21 Put forth, as energy
- 22 Nook
- 23 All-points bulletin, e.g.
- 26 Little laugh
- 27 Bits
- 28 Pulitzer Prize category
- 29 "Great" title film role for Robert Duvall
- 30 Politico Kefauver
- 31 Pellets of precipitation
- 32 Raising false alarms
- 35 Low grade
- 36 Barnyard
- 37 CEO's "C"
- 38 Broadway madam
- 39 Candid
- 41 Mer liquid
- 43 San — (California county or city)
- 45 Distinctive barnyard sound
- 50 Stephen of "Angle"
- 51 Cat's gripper
- 55 28-Across set to music
- 56 Actress Maryam or Olivia
- 57 Makes whole
- 59 Facts and figures
- 60 Snail as food
- 62 — Bator, Mongolia
- 64 Dangler on a grad's cap
- 66 201, to Ovid
- 67 Storm flash
- 71 Antique
- 72 Soapsuds
- 74 Brain flash
- 75 "The Creation" by Haydn, e.g.
- 77 Spots in la Seine
- 78 Boogie, e.g.
- 81 Warty animal
- 83 Rear- — (car crash)
- 84 Irksome sort
- 85 Adam's
- 86 Decorative cloth laid atop a bureau
- 89 Wide-ranging
- 91 Lyrical verse
- 92 Per-unit cost
- 93 Big foil maker
- 97 See
- 89-Down
- 99 Sneaking over, say
- 100 Needlefish
- 103 A team often punts on it
- 105 Really slow
- 107 Berry of "X-Men" films
- 109 Emu and ostrich
- 110 Hopping mad
- 112 Indemnified
- 113 Sneaker part
- 114 Richard Belzer's "Homicide: Life on the Street" role
- 117 Lined the roof of
- 118 15% taker
- 119 1492 ship
- 120 AFL partner
- 121 Actor James of "Gunsmoke"
- 122 Sapheads
- 123 Not hidden
- 124 What the ends of 23-, 32-, 45-, 67-, 86-, 103- and 114-Across are
- 125 "You there!" synonyms of
- DOWN
- 1 Gave an electric jolt
- 2 "The River" actress
- 3 Backspace over, say
- 4 Spiked clubs
- 5 Currier's art partner
- 6 Grazed, e.g.
- 7 TGIF's "F"
- 8 Neighbor of a petal
- 9 Quiz's cousin
- 10 Cut off, e.g.
- 11 Bow shape
- 12 Indefinitely large
- 13 The enemy below?
- 14 Hold firmly
- 15 Second play section
- 16 Magical drink
- 17 Fair way to divvy things
- 18 Small letter flourishes
- 24 Drink cubes
- 25 Lanka lead-in
- 29 Strained
- 31 Shamefaced
- 33 Top of a cup
- 34 Pine (for)
- 36 "You there!"
- 37 — de-sac
- 39 Gumbo soup
- 40 Big name in eye care
- 41 Die away
- 42 Was plentiful
- 44 Neighbor of Boyle Hts., California
- 45 Bicycle pedal add-on
- 46 Affluent
- 47 Lists orally
- 48 Cussword
- 49 Arose (from)
- 51 They made vinyl passé
- 52 Former Dodgers manager
- 53 Artist's workplace
- 54 Statler's Muppet sidekick
- 58 Leeds loc.
- 61 Building beam
- 63 Big fish story
- 65 Verily
- 68 Habitual
- 69 Snake types
- 70 Tidy
- 73 33rd U.S. prez
- 76 In time past
- 79 Eschews
- 80 "Groovy!"
- 82 Sugar suffix
- 87 Turn bad
- 88 Sunshine bit
- 89 With
- 97-Across, has a huge fight
- 90 — Jones
- 93 Benin locale
- 94 Auto shop
- 95 Interrupts rudely
- 96 Blue Jay rival
- 98 As one
- 99 Flying flocks
- 100 Look quickly
- 101 Keys of song
- 102 Fiery
- 104 Is mindful of
- 105 Alliances
- 106 Homer hitter
- 107 Macho type
- 108 "The Simpsons" storekeeper
- 111 City with lots of slots
- 112 Painter
- 113 Magritte
- 114 Pops
- 115 Self-esteem
- 116 "C'est la —!"

Sudoku



Level: Challenging

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze • DRESS WARMLY FOR THESE SPORTS

GGXUSQNLJGEGCZX
V(SNOWBOARDING)TR
NGNILRUCPNLIJPH
EOCAROBGYGWB MVN
DELSBOBONNTURPO
NLKHIMJYBIIJTGMT
ECBZTBXIEIDWUOE
SRYDNABPKKKDOLL
MLJIGLISESCSEAE
DBEGULABYCXOWLK
UTSQPONLKKXJHHS

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Bandy	Hockey	Skibob	Snowboarding
Biathlon	Luge	Skijoring	Tubing
Bobsled	Skeleton	Slalom	XC skiing
Broomball	Ski jump	Sledding	

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HOROSCOPE

Salome's Stars

ARIES (March 21 to April 19) A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

LEO (July 23 to August 22) Now that you're back enjoying the spotlight

again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all you've done for them. Accept the

honor graciously. Remember: You deserve it.

CAPRICORN (December 22 to January 19) Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

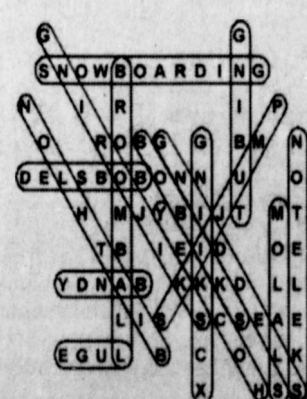
AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.

PISCES (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

BORN THIS WEEK: You are a wonderful matchmaker who can bring people together to form long-lasting relationships.

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SOLUTIONS



3	9	2	1	6	8	5	4	7
1	5	7	4	3	9	2	6	8
8	6	4	2	7	5	9	1	3
2	4	9	5	1	3	8	7	6
5	1	6	8	4	7	3	2	9
7	8	3	9	2	6	1	5	4
9	7	5	6	8	1	4	3	2
4	3	8	7	5	2	6	9	1
6	2	1	3	9	4	7	8	5

CALENDAR

HOW TO SUBMIT

Event information can be input online by following the directions at the bottom of this page, sent by email to scaledar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

First Friday reception at Front Street Art Gallery

WHEN: 6-8:30 p.m., Friday, Sept. 1

WHAT: First Friday reception at Front Street Art Gallery in Scituate

INFO: LoPiccolo art reception, Front Street Art Gallery, 124 Front St., Scituate Harbor. The paintings of Mary Beth and the late Jim LoPiccolo will be featured Aug. 15-Sept. 10. First Friday reception Sept. 1, with the Driftway Jazz providing music. Summer gallery hours are 11 a.m. to 5 p.m. Tuesday, Wednesday and Saturday, 1-8 p.m. Thursday and Friday and noon to 5 p.m. Sunday; closed Monday. Pictured: "Summer Harvest" by J. LoPiccolo.

For information: 781-545-6150, frontstartgallery.com.



Pastel art exhibit through September at South Street Gallery

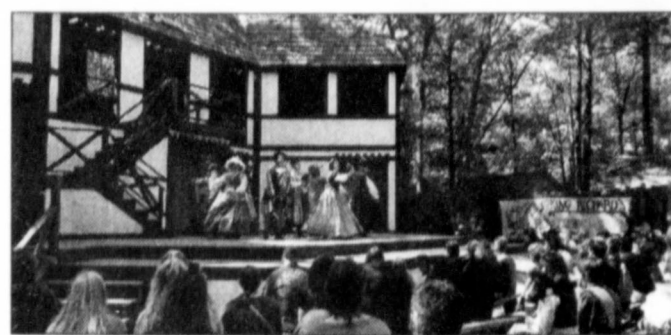
WHEN: Sept. 1-30

WHAT: Pastel art exhibit at South Street Gallery in Hingham

INFO: Pastels by Laurinda O'Connor on display through September at South Street

Gallery, 149 South St., Hingham. O'Connor works as a graphic designer and teaches art to adults and children of all ages. Gallery hours are from 10 a.m. to 6 p.m. Tuesday to Saturday and from noon to 5 p.m. Sunday. Meet the artist at a reception from 6 to 8 p.m. Sept. 8 and an art demo and talk from noon to 2 p.m. Sept. 23. Pictured: "At the Pond" by Laurinda O'Connor.

For information: 781-749-0430, southstreetgallery.com.



King Richard's Faire to open in Carver

WHEN: Sept. 2-Oct. 22

WHAT: King Richard's Faire, weekends, in Carver

INFO: King Richard's Faire at 235 Main St., Carver. Open Saturdays and Sundays as well as two holiday Mondays: Sept. 4 and Oct. 9. The New England Renaissance festival offers performers, artisans, games and rides, food and drink and more. Gates open 10:30 a.m. to 6 p.m. Admission \$16 for children ages 4-11; \$32 each adult (age 12 and up).

For information: 508-866-5391, kingrichardsfaire.net.

CALENDAR

Send your event information by email to scaledar@wickedlocal.com. Listings information must be submitted at least two weeks prior to the event. Please include the time, date, location, street address and town of the event. If possible, provide a contact phone number and website.

Friday, Sept. 1

Pastels by Laurinda O'Connor: Sept. 1-30, South Street Gallery, 149 South St., Hingham. O'Connor works as a graphic designer and teaches art to adults and children of all ages. Gallery hours are from 10 a.m. to 6 p.m. Tuesday to Saturday and from noon to 5 p.m. Sunday. For information: 781-749-0430, www.southstreetgallery.com.

Marshfield Farmers' Market: 2-6 p.m., Marshfield Fairgrounds grandstand, 140 Main St., Marshfield. More than 35 vendors, organic and conventional local farm products, hot/cold prepared food, artisans, live music, free kids' activities, picnic tables and free parking/admission. Open rain or shine, grounds are stroller/wheelchair friendly. For information: 781-635-0889, www.marshfieldfarmersmarket.org.

LoPiccolo art reception: 6-8:30 p.m., Front Street Art Gallery, 124 Front St., Scituate Harbor. The paintings of Mary Beth and the late Jim LoPiccolo will be featured Aug. 15-Sept. 10. First Friday reception Sept. 1, with the Driftway Jazz providing music. Summer gallery hours are 11-5 Tuesday, Wednesday and Saturday, 1-8 p.m. Thursday and Friday and noon to 5 p.m. Sunday; closed Monday. For information: 781-545-6150, www.frontstartgallery.com.

"Listen to Me" art exhibit: Sept. 1-27, Pembroke Public Library, 142 St., Pembroke. Presented by New England Village. Diverse mix of artists and mediums, all focused on one common theme – a desire to be understood and to achieve a sense of belonging. Reception Sept. 5 from 6-7 p.m.

Ghost Train: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Saturday, Sept. 2

Braintree Farmers Market: 9 a.m. to 1 p.m., Braintree Town Hall, 1 JFK Memorial Drive, Braintree. Market features locally grown and produced fruits, vegetables, meats, seafood, prepared foods, flowers, plants, preserves, eggs, pies, honey, breads, pickles, granola.

juices, cheeses, sauces, cranberries, coffees, teas, wines, cider, ice cream, baked goods, chocolates and more. Held Saturdays, June 17 to Oct. 28. For information: <https://braintreefarmersmarket.org>.

Sandwich Artisans Fine Art & Crafts show: 10 a.m. to 4 p.m., Sandwich Public Library, 142 Main St., Sandwich, on the lawn. Additional shows Sept. 23 and Oct. 7. The shows feature fine art, jewelry, pottery, glass work, photographs, hand-crafted clothing, home accessories, wooden items, and much more made by local artisans. For information: sandwichartisans142@gmail.com, www.sandwich-artisans.com.

King Richard's Faire: weekends, Sept. 2-Oct. 22, at 235 Main St., Carver. Open Saturdays and Sundays as well as two holiday Mondays: Sept. 4 and Oct. 9. The New England Renaissance festival offers performers, artisans, games and rides, food and drink and more. Gates open 10:30 a.m. to 6 p.m. Admission \$16 for children ages 4-11; \$32 each adult (age 12 and up). For information: 508-866-5391, <https://kingrichardsfaire.net>.

Open house: 11 a.m. to 3 p.m., Quincy Homestead, 34 Butler Road, Quincy. Free tours on the half hour at the Homestead, originally built in 1686, home to generations of the Quincy family. For information: www.nscdama.org.

The B Sides: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Tuesday, Sept. 5

"Willy Wonka Jr." auditions: 3:30-6 p.m., Sept. 5 and 6, Company Theatre Center, 30 Accord Park Drive, Norwell. Youth actors (ages 8 to 14) should plan to attend both days of auditions, which will include learning a song, movement, reading and character work. Not all audition candidates will be cast. A nonrefundable audition fee of \$15 is payable upon arrival. A headshot is helpful but not required. For information: 781-871-2787, melissa@companytheatre.com, www.companytheatre.com.

Open house: Sept. 5-9, South Shore Ballet Theatre, 24 Rockland St., Hanover. From 4 to 7 p.m. Tuesday to Friday and from 9:30 a.m. to 1 p.m. Saturday. For information: 781-312-7224, southshoreballettheatre.com.

"Listen to Me" art exhibit reception: 6-7 p.m., Pembroke Public Library, 142 St., Pembroke. Presented by New England Village. Diverse mix of artists and mediums, all focused on one common theme – a desire to be

understood and to achieve a sense of belonging. Exhibit on display through Sept. 27.

Wednesday, Sept. 6

Scituate Farmers Market: 3-7 p.m., 1 Kent St., St. Mary's parking lot, Scituate. Vendors products: seafood, produce, frozen lemonade, pies, desserts, wood products, homemade dog treats, Mediterranean foods, local pizza, grilled cheese food truck, photos, natural beauty products and many more. Market runs through October.

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Duxbury Camera Club meeting: 7-9 p.m., Duxbury Free Library, 77 Alden St., Duxbury. Slide shows of last year's Focus Group images will be presented. The club meets the first Wednesday of every month from September to June to share thoughts, ideas, experiences and our photographs. Paid members also participate in field trips, workshops, and critiques. The general public is welcome to attend the monthly meetings. For information: www.duxbury-cameraclub.org.

Thursday, Sept. 7

Matinee Movie: 2 p.m., Tufts Library, 46 Broad St., Weymouth. See "My Cousin Rachel" (PG-13). Light refreshments served. For information: 781-337-1402, www.weymouth.ma.us/library.

Podcasts 101: 7 p.m., Tufts Library, 46 Broad St., Weymouth. Librarian Kristy Lockhart will cover how to easily get started with podcasts and how to listen to them across a variety of devices. She'll also recommend great podcasts to listen to across many genres that are sure to have you hooked. For information: 781-337-1402, www.weymouth.ma.us/library.

Amadee Castanell on saxophone and flute joins the Willie J. Laws Band: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Followed by open mic with Willie J. Laws. Jammers invited and welcome. Free pizza. For information: 781-340-1300, thenextpagecafe.com.

Friday, Sept. 8

Marshfield Farmers' Market: 2-6 p.m., Marshfield Fairgrounds grandstand, 140 Main St., Marshfield. More than 35 vendors, organic and conventional local farm products, hot/cold prepared food, artisans, live music, free kids' activities, picnic tables and free parking/admission. Open rain or shine, grounds are stroller/wheelchair friendly. For information: 781-635-0889, www.marshfieldfarmersmarket.org.

Meet the artist: 6-8 p.m., South Street Gallery, 149 South St., Hingham. Pastels by Laurinda O'Connor are on display through Sept. 30. O'Connor works as a graphic designer and teaches art to adults and children of all ages. Gallery hours are from 10 a.m. to 6 p.m. Tuesday to Saturday and from noon to 5 p.m. Sunday. For information: 781-749-0430, www.southstreetgallery.com.

Heathers the Musical (High School Edition): 7:30 p.m. Sept. 8-9, Company Theatre Center, 30 Accord Park Drive, Norwell. Tickets \$20 for adults, \$16 for students. Contains mature themes. For information: 781-871-2787, boxoffice@companytheatre.com, www.companytheatre.com.

Steve Tobias Band: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Saturday, Sept. 9

Big yard sale: 8 a.m., Trinity Church, 3 Goddard Ave., Rockland. Huge variety of items as well as a free table, school supplies, breakfast and baked goods, and more. Donation of canned good for Rockland Food Pantry would be appreciated. For information: 781-871-0096, clergy@trinityrockland.org.

Braintree Farmers Market: 9 a.m. to 1 p.m., Braintree Town Hall, 1 JFK Memorial Drive, Braintree. Market features locally grown and produced fruits, vegetables, meats, seafood, prepared foods, flowers, plants, preserves, eggs, pies, honey, breads, pickles, granola, juices, cheeses, sauces, cranberries, coffees, teas, wines, cider, ice cream, baked goods, chocolates and more. Held Saturdays, June 17 to Oct. 28. For information: <https://braintreefarmersmarket.org>.

Saturday Morning Writers' Group: 10:30-11:30 a.m., Thayer Public Library, 798 Washington St., Braintree. Monthly support group for area writers. New members welcome. For information: 781-848-0405, ext. 4430, thayerpubliclibrary.org.

King Richard's Faire: weekends, Sept. 2-Oct. 22, at 235 Main St., Carver. Open Saturdays and Sundays as well as two holiday Mondays: Sept. 4 and Oct. 9. The New England Renaissance festival offers performers, artisans, games and rides, food and drink and more. Gates open 10:30 a.m. to 6 p.m. Admission \$16 for children ages 4-11; \$32 each adult (age 12 and up). For information: 508-866-5391, <https://kingrichardsfaire.net>.

Rib cook-off: noon to 5 p.m., VFW Post, 655 Main St., Marshfield. North Community Church will hold its annual event, including live entertainment by Jim Sylvia, kids' activities, bake sale and raffle. Cost is \$5 to get in and \$1 per ticket to purchase ribs and side dishes. Receive a raffle ticket for every three canned goods or \$5 donated for Marshfield food pantry. For information: 781-837-3784, www.northcommunitychurch.org.

Thirsty Pilgrim beer festival: 1-7 p.m., Sept. 9-10, Hedge House lawn, 126 Water St., Plymouth. Presented by the Plymouth Lions. Games for kids will be available, as well as food, cold beer, a German band and stein and keg holding contests. A \$5 donation is requested at entrance. For information: www.theplymouthlions.org.

Fall harvest al fresco dinner: 6-10 p.m., Holly Hill Farm, 236 Jerusalem Road, Cohasset, outdoors. Organic food prepared by Chef Sam Cabral-Curtis from Corner Stop Eatery of Cohasset. Private tour of the farm led by Jon Belber, education director. Members \$125/person, non-members \$150/person. For information: 781-383-6565, hollyhillfarm.org.

World's End 50th anniversary celebration: 6 p.m., World's End, Martin's Lane, Hingham. Hosted by the Trustees. Dinner under the stars in a spectacular setting celebrating the people and passion behind the 1967 effort that saved this treasured landscape from development. Tickets \$250 each. For information: development@thetrustees.org, www.thetrustees.org.

Heathers the Musical (High School Edition): 7:30 p.m. Sept. 8-9, Company Theatre Center, 30 Accord Park Drive, Norwell. Tickets \$20 for adults, \$16 for students. Contains mature themes. For information: 781-871-2787, boxoffice@companytheatre.com, www.companytheatre.com.

Gun Powder & Lead: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Sunday, Sept. 10

Fall semester open house: noon to 2 p.m., Company Theatre, 30 Accord Park Drive, Norwell. Hosted by the Academy of the Company Theatre's Studio One. Learn about Studio One voice, acting, movement and music education year-round for youth and adults alike. Attend workshops, meet staff and faculty. For information: 339-469-1776, www.companytheatre.com/academy/studio-one.

House tours: 1-4 p.m., Abigail Adams Birthplace, 180 Norton St., North Weymouth. Visits are by guided tour only between 1 and 4 p.m., with tours given on the hour and half hour. The last tour begins at 3:30 p.m. Also see an apple cider pressing demonstration. Admission is \$5 for adults and \$1 for children under 12. For information: AAHS1947@yahoo.com, www.abigailadamsbirthplace.com.

Thirsty Pilgrim beer festival: 1-7 p.m., Sept. 9-10, Hedge House lawn, 126 Water St., Plymouth. Presented by the Plymouth Lions. Games for kids will be available, as well as food, cold beer, a German band and stein and keg holding contests. A \$5 donation is requested at entrance. For information: www.theplymouthlions.org.

SSC open house: 2 to 4 p.m., South Shore Conservatory locations in Duxbury and Hingham. Drop in and find out what SSC has to offer for students of all ages and abilities in music, ballet, drama, creative arts therapies and more. The campuses are located at One Conservatory Drive in Hingham, and at 64 Saint George St. in Duxbury. For information: 781-749-7565, ext. 23, www.sscmusic.org.

Annual picnic: 3:30-6:30 p.m., Cohasset Sailing Club Pavilion, Government Island, Cohasset. Hosted by Cohasset Republican Town Committee. Special guest, the Honorable Charles Baker, governor. Casual cookout fare.

Monday, Sept. 11

Open rehearsal: 5-6 p.m., Ellison Center for the Arts, 64 St. George St., Duxbury. South Shore Conservatory invites singers in grades 3 through 6 who are interested in participating in the 2017 season of South Shore Conservatory Youth Chorus, formerly named Pure Treble, to participate in an open rehearsal, followed by a pizza party. For information: 781-934-2731, ext. 11, sscmusic.org.

South Shore Lyme Support meeting: 6:30-8 p.m., Hingham Public Library, 66 Leavitt St., Hingham. Attendance is open to all. Meetings usually held second Monday of the month. For information: 508-332-9743, jeanwhart@gmail.com.

Open auditions: 6:30 p.m., Sept. 11 and 18, Faith Community Church, 29 Carver Road, Plymouth. Pilgrim Festival Chorus invites singers of all levels throughout the region to learn about the chorus and audition for vocal placement. Rehearsals for the winter season begin at 7 p.m. immediately following. Contact William Richter, music director, by calling 781-789-3343 or emailing director@pilgrimfestivalchorus.org. For information: info@pilgrimfestivalchorus.org, www.pilgrimfestivalchorus.org.

BANDS meeting: 7 p.m., Emmanuel Parish, 519 Washington St., Braintree. Meetings of the Braintree Autism Network for our Daughters and Sons take place the second Monday of every other month September through June. Open to all parents or guardians of children who live in Braintree and have an autism spectrum disorder or live elsewhere but attend school in Braintree and have an ASD. There is no cost or obligation and membership is confidential. Contact Leah Nabstedt. For information: 617-943-2452.

HOW TO SUBMIT YOUR CALENDAR EVENT

Want to see your event listed in the print and online calendars? Here's how:

1 Visit our website homepage and open "Sections" in the top left corner of the site. Scroll down and select "Calendar." Bookmark that page for later.

2 Register or, if you've visited before, log in. Then click on "Add Event" at the top of the page.

3 Follow the instructions to fill out the event form, and click "Submit Event." That's it!

To see the full list of events, just click on "More Events" on the website. The deadline to submit is 5 p.m. Wednesday the week prior to the print publication.

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